

Green Zone

IN CONTROL

- I can breath easily without shortness of breath
- I am not experiencing chest tightness
- My energy level is nearly normal
- I can think clearly

I should:

- Use oxygen if prescribed by my doctor/healthcare provider
- Check my oxygen level (pulse oximetry) if ordered by my doctor/healthcare provider
- Keep a diary of symptoms including temperature, heart rate, and oxygen levels if ordered by my doctor/healthcare provider

Yellow Zone

CAUTION

- My breathing is fast
- I have a new or worsening cough
- I am having trouble catching my breath
- My heartbeat feels much faster than usual
- I have a fever
- I feel cold and am shivering -- I can't get warm
- My thinking is slow -- my head feels "fuzzy"

I should:

- Be evaluated by my doctor/healthcare provider
- Call or message my doctor or healthcare provider. (Do not go to the doctor's office unless instructed to do so.)
- Share my symptoms and follow their directions

If receiving home healthcare services:

Agency: _____ Phone: _____

If receiving home healthcare services:

Agency: _____ Phone: _____

Red Zone

MEDICAL ALERT*

- My breathing is very fast
- I can't catch my breath and can't speak an entire sentence
- My fingernails or my lips are pale and blue
- I am having chest pain
- I can't eat or drink
- I am confused
- I can't stay awake

I must:

- **Take action!**
- **Call 9-1-1 or call ahead to your local emergency facility:** Notify the operator that you are seeking care for someone who has or may have COVID-19.