

Diabetes Zones

WHICH ZONE ARE YOU IN?

GREEN Safe Zone

ALL CLEAR – You are in the *safety zone* when:

- Your blood sugar is between 4.0 and 11.0 mmol/L, OR in your recommended target range. Your target range: _____ mmol/L.
- You have no symptoms of hypoglycemia (low blood sugar), if you do not test your blood sugar.
- Your blood pressure is less than 130/80 mmHg OR within your target blood pressure. Target blood pressure: _____ mmHg.
- Your A1C is 7% or less OR within your target provided by your primary care provider. Target A1C: _____ %.

YELLOW Caution Zone

CAUTION – You are in the *caution zone* if you have:

- Symptoms of low or high blood sugar:
 - **LOW:** Blood sugar is less than 4 mmol/L, shaky, light-headed, nauseated, irritable, anxious, confused, sweaty, faster heart rate, headache, hungry, weak, drowsy, numbness or tingling in your tongue or lips.
 - **HIGH:** Blood sugar is above your target range, increased thirst, headache, fatigue, weak, urinating more than usual, blurred vision, weight loss.
- Open sores, rashes, or wounds.
- Illness, injury or infections.

ACTION

- Take action to treat low blood sugar, use 'Take 15 - Wait 15' rule, and test blood sugar again.
- If blood sugar is above the target level once, then drops to within target level, do not be concerned. If it is above target for more than a week, contact your primary care provider.
- Ensure you eat balanced meals and add regular activity to help manage blood sugar and review with your health care team.
- Call or see your primary care provider if you have blood sugars outside your target range, open sores, blisters, rashes, illness, injury, or infections that have not healed within one week.

RED Danger Zone

EMERGENCY – You are in the *danger zone* if you have:

- Confusion, disorientation or double vision.
- Fainting episode or passing out.
- Convulsions or a seizure.
- Blood glucose that is still less than 4 mmol/L after 3 attempts to treat low blood sugar.
- Blood glucose that is greater than 20 mmol/L for more than 8 hours and you are symptomatic (if you have Type 2 Diabetes).

ACTION

You need to see a doctor or nurse practitioner now. Evaluation by a physician is urgent. Call physician to be seen that day or proceed to the emergency room.

Call 911 for an ambulance or have someone take you to the nearest emergency department.