

COVID-19 Self-Management

Zone Tool

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.

*This list does not include all possible symptoms. Please discuss with your medical provider any other symptoms that are severe or concerning to you. AdventHealth Advantage Plans is administered by Health First Health Plans. Health First Health Plans is an HMO plan with a Medicare contract. Enrollment in Health First Health Plans depends on contract renewal. Y0089_MPINFO9206_AH_C(04/2021)