

# COVID19 Zone Sheet/Instructions

## Every Day:

- Take your temperature twice daily for the next 10 days.
- Check your oxygen level twice daily for the next 10 days (Keep oximeter in place for 30-60 seconds before recording the number)
- You can take acetaminophen (Tylenol) and/or ibuprofen (Motrin) for body aches and fever as recommended on the package labeling. Contact your doctor's office for recommended dosing of these medications as they may be different depending on your medical condition(s)
- Take all medicine as prescribed, do not stop unless told to do so by your doctor.
- Avoid Tobacco in any form, including secondhand smoke.
- Balance activity and rest periods.
- If you are diabetic-Continue to monitor your blood sugar readings.
- Drink plenty of fluids every day.
- Use good hand washing before meals, after using the bathroom and after blowing your nose.
- Check your Zone daily.

EVERY  
DAY

## Green – This is your goal

- Your symptoms are under control.
- Appetite normal or slightly decreased
- No worsening shortness of breath, nausea, vomiting or diarrhea.
- No temperature 2 degrees higher than your baseline temp, or is not over 102.5F
- Your urine is light yellow to clear.
- No pain, redness or swelling in legs, ankles, feet, or arms.
- If diabetic, your blood sugar readings are below 240

GREEN  
ZONE

## Yellow = CAUTION – This is a warning- Call your doctor's office if you :

- Have more shortness of breath when walking across a room
- Have decreased exercise tolerance.
- Have a temperature that is 2 degrees higher than your baseline temp or is over **102.5F**.
- Your oxygen level is below **94%** on **room air** or below level recommended by your provider.
- Your oxygen level is below **90% if you wear oxygen** or below the level recommended by your provider.
- Your urine is dark yellow or brown
- Your appetite is decreasing
- You have increased vomiting
- You are unable to keep down liquids
- If diabetic, your blood sugar readings are above 240
- You have pain, redness or swelling in your legs, ankles, feet or arms.

YELLOW  
ZONE

## Red = Emergency. Go to the emergency room or call 911 if you:

- Are struggling to breathe.
- Have unrelieved shortness of breath while sitting still
- If oxygen level continues to be lower than above values after discussion with your provider OR after your provider has adjusted your baseline home oxygen level
- Have chest pain.
- Have a temperature of **102.5F** or higher with medication.
- Have confusion or can't think clearly.
- Have pain, redness, or swelling in your legs, ankles, feet or arms.
- If diabetic, you blood sugar readings are remaining over 240

RED  
ZONE

**CALL YOUR PRIMARY CARE PROVIDER'S OFFICE AT ANY TIME IF YOU FEEL YOUR SYMPTOMS ARE WORSENING OR YOU HAVE ANY QUESTIONS**