

# Managing COVID-19: My Action Plan

## Green Zone

Mild or Mild to Moderate

### I WILL CONTINUE TO WATCH IF

- My eating and drinking is normal or fairly normal.
- I have a mild fever (<100.4°) or am feeling feverish (chills, sweating).
- I feel winded with exercise but not with normal activity (not severe, I can rest and recover).
- I'm tired and feel like staying in bed.
- I have nausea, vomiting, or diarrhea, but I am still urinating and can keep most fluids and medicines down.

You are managing your symptoms well at home.

Continue to monitor your symptoms, social distance, and quarantine. Notify your provider if symptoms worsen.

## Yellow Zone

Mild or Mild to Moderate with Medical Conditions

### I WILL CALL IF

- I have 1 or more of these medical conditions:
  - Chronic kidney disease
  - Chronic obstructive pulmonary disease (COPD)
  - Serious heart conditions
  - Obesity
  - Pregnancy
  - Sickle cell disease
  - Smoking
  - Type 2 diabetes
  - Weak immune system

And,

- I have a fever greater than 100.4°.
- I have shortness of breath (not severe, but I can rest and recover).
- I am tired and cannot get out of bed.
- I have nausea, vomiting, or diarrhea, but I can urinate and keep most fluids and medicines down.

Call your doctor, nurse, or provider:

---

Number:

---

## Red Zone

Severe

### I WILL GO TO AN EMERGENCY CENTER IF

- I am having trouble breathing.
- My lips or face is bluish.
- I cannot wake up or stay awake.
- I have severe and constant pain in the chest.
- I have new confusion.
- I cannot keep any fluids or medicines down.
- I am not able to urinate.
- Severe or constant dizziness, or lightheadedness
- I am too weak to stand.

This is a medical emergency. Call 911.

### Monitor your COVID-19 symptoms

- Fever or chills
- Cough, shortness of breathe or difficulty breathing
- Tiredness
- Sore throat
- Stuffy or runny nose
- Headaches
- Muscle or body aches
- Nausea, vomiting, or diarrhea
- New loss of taste or smell

People with COVID-19 have a wide range of symptoms. You may not have all these symptoms. This list does not include all possible symptoms.



# Safety First