

# 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.*