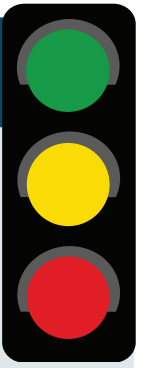


ZONE TOOL | COVID-19 Self-Management Zone Tool



This tool is used by healthcare providers across the continuum of care to educate and prepare patients for safe self-management of COVID-19 illness.

COVID-19 Self-Management Plan

Name _____ Date _____

Do not smoke and avoid secondhand smoke.

GREEN Zone: In Control

- I can breathe easily without shortness of breath.
- I am not experiencing chest tightness.
- My energy level is nearly normal.
- I can think clearly.

GREEN Zone Means 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".

YELLOW Zone Means 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: _____

My doctor/healthcare provider:

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.

RED Zone Means 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.

Sources: Centers for Disease Control and Prevention (CDC). Coronavirus Disease 2019 (COVID-19): Symptoms of Coronavirus. Available at: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>. CDC: COVID-19: How to Protect Yourself and Others. Available at: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>. Accessed: March 3, 2021.

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*This list does not include all possible symptoms. Please discuss with your medical provider any other symptoms that are severe or concerning to you.