

# 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 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 my oxygen levels so I can review with 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 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:

Name: \_\_\_\_\_ 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 or blue.
- ✓ I am having chest pain.
- ✓ I can't eat or drink.
- ✓ I am confused.
- ✓ I can't stay awake.

## Red Means I Must:

- ✓ **Take action!**
- ✓ **Call 9-1-1 immediately!**

Tell the operator that I am showing severe symptoms of 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: Dec 4, 2020.

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