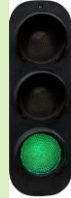



ZONE Tool:

Medications and Your Health



- Follow your doctors directions regarding medication(s)
- Do not stop medication(s) without first checking with your doctor or healthcare provider
- Do not restart medication(s) without first checking with your doctor or healthcare provider
- Do not skip or double up on dose of your medication(s)
- Make sure your medication(s) have not expired; check the dates!
- Check with your pharmacist before drinking alcohol when taking prescription medication(s)
- Tell your doctor or healthcare provider about all medications you are taking, including over the counter vitamins

GREEN ZONE	<p>ALL CLEAR (GOAL) If you:</p> <ul style="list-style-type: none"> • Have no side effects with medications • Take your medication(s) as prescribed • Are getting your medication(s) filled regularly 	<p>Doing Great!</p> <ul style="list-style-type: none"> • Your symptoms are under control 
YELLOW ZONE	<p>CAUTION (WARNING) If you have <u>any</u> of the following:</p> <ul style="list-style-type: none"> • Problems taking your medications(s) as prescribed by your medical provider (e.g., missing or skipping doses) • Side effects like fatigue, weakness, dizziness, swelling of hands or feet OR develop a rash • Difficulty passing urine • Constipation or diarrhea • No bowel movement for 3 or more days • Dark, tarry stools or noticeable blood in your stool • Upset stomach or abdominal pain • Blurred vision • Ringing in your ears, feeling “off balance” OR “Foggy thinking” 	<p>Act Today! Call VNA</p> <ul style="list-style-type: none"> • Call VNA Home Health: <p style="text-align: center;"><u>1800-862-3330</u></p> <ul style="list-style-type: none"> • After discharge from home health services on __/__/__ call your doctor or healthcare provider: <hr style="width: 20%; margin: auto;"/> <p style="text-align: center;"><i>(doctor’s phone number)</i></p> 
RED ZONE	<p>EMERGENCY If you have <u>any</u> of the following:</p> <ul style="list-style-type: none"> • Loss of consciousness or fainting • Unable to pass urine for 8 hours or more • Severe allergic reactions- shortness of breath or swollen tongue • Vomiting blood 	<p>Act NOW!</p> <ul style="list-style-type: none"> • <u>Call 911</u> • You need to be evaluated by a healthcare professional • Notify your doctor or healthcare provider 