

SICKLE CELL DISEASE TOOL FOR SYMPTOMS MANAGEMENT

GREEN ZONE

UNDER CONTROL

YOUR GOAL:

- > Activity and exercise level as usual
- > No joint pain, stiffness, fatigue or low grade fever
- > Sleeps well at night
- > Appetite is good
- > Medication is working

YOU ARE IN CONTROL

- > Symptoms are under control
- > Continue taking medications as ordered
- > Continue regular exercise
- > Continue normal diet
- > Keep all medical appointments

YELLOW ZONE

CAUTION

If you have any of the following signs and symptoms:

- > Pain anywhere in the body that will not go away with treatment at home
- > Any sudden problem with vision
- > Poor/lack of appetite

TAKE ACTION TODAY

- > These symptoms may indicate that the medications need to be adjusted
- > Get plenty of rest
- > Avoid cigarettes/environmental irritants at all times
- > Call your physician, nurse coordinator, or home health nurse

RED ZONE

MEDICAL ALERT

If you have any of the following signs and symptoms:

- > Fever above 101° F
- > Difficulty breathing
- > Abdominal (belly) swelling
- > Severe headache
- > Sudden weakness or loss of feeling and movement
- > Seizure
- > Painful erection of the penis that lasts more than 4 hours

TAKE ACTION NOW

- > These symptoms may indicate that you need to be evaluated by a physician immediately

Call your physician
IMMEDIATELY if you are having red
zone Symptoms

Physician Name:
Physician #:

Call your physician
IMMEDIATELY if you are having red
zone Symptoms

SICKLE CELL DISEASE TOOL FOR SYMPTOMS MANAGEMENT

EVERY DAY

- > Take your medications as prescribed
- > Eat a balanced diet
- > Get a healthy amount of sleep each night
- > Activity get at least 30 minutes of physical activity for 5 days, such as brisk walking (check with your physician before beginning any exercise program)

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