

Sick-Day Plan When You Have a Health Condition



Being sick puts stress on your body. When you have a health condition—like diabetes, asthma, or heart failure—it's important to plan ahead for what to do when you're sick. Work with your doctor to make a plan.

Keep your plan in a handy place, and let others know where you keep it. Include any emergency contact numbers you need.

Do not take any over-the-counter medicines, such as pain relievers, decongestants, or herbal products or other natural medicines, without talking with your doctor first.

Your sick-day care plan

Ask your doctor to help you fill out your sick-day care plan.

Sick-Day Care Plan (part 1)

Name:

Doctor's name:

Doctor's phone number:

Other emergency contact numbers:

When should I call my doctor?

Call 911 if:

Next doctor visit (date):

What to do if my symptoms get worse:

Sick-Day Care Plan (part 2)

List of my medicines:

When to take my medicines:

Does my doctor recommend any changes to my medicines?

What do I need to check or keep track of? (For example, blood sugar for diabetes, peak flow for asthma, or weight for heart failure. Ask your doctor.)

Do I need to change my diet or activities? (For example, your doctor may recommend changing the amount of fluids you drink or doing less exercise.)