



Look for signs of bleeding each day



Green zone

You are
in control.



Yellow zone

Take action today.
Call:



Red zone

Take action now!
Call:



**Do I have new
bruises or signs of
bleeding?**

I do not have any
signs of bleeding
or new bruises.

I go to the
bathroom and
my urine (pee)
and stool (poop)
look like they
usually do.

I bleed when I:

- Brush my teeth.
- Blow my nose.

I have a new bruise
and do not know
how I got it.

I have a fever over
101.5

For women: my
period is heavier
than usual.

- My nose or gums bleed on their own.
- When I cough or throw up I see blood or what looks like coffee grounds.
- Cuts take a long time to stop bleeding.
- My injection or surgery site oozes.

I go to the bathroom and:

- My urine (pee) is brown or red.
- My stool (poop) is red or black.

**Did I fall or bump
myself?**

I did not fall or
bump myself.

I fell/bumped myself
but:

- Did not hit my head.
- Do not have a bruise.

I fell/bumped myself and:

- Hit my head.
- Feel confused.
- Have a bruise.

I have a rash or dark spots
under my skin.

**Do I have new
pain?**

I do not have
new pain or a
headache.

I have:

- Mild pain in my joints but it is not new.
- A headache but it is not unusual for me.

I have:

- New pain in my joints, back or stomach.
- Chest pain when I breathe.
- A bad headache or feel dizzy.

My plan for preventing bleeding at home

Tell my doctors/care team about other medicines I take

Some over-the-counter medicines can cause bleeding problems. These include non-steroidal anti-inflammatories (NSAIDs) such as:

- Aspirin
- Ibuprofen (Advil®, Motrin®)
- Naproxen (Aleve®)

Avoid cuts or falls around the house

- Be extra careful when using knives and scissors.
- Consider using an electric razor.
- Use a toothbrush with soft bristles and avoid toothpicks.
- Take extra care when trimming toe and fingernails.
- Ask my doctor/care team to help trim corns or calluses.
- Wear shoes or non-skid slippers.

Avoid cuts or falls outside

- Wear shoes when outside.
- Wear gloves when using sharp tools or gardening.
- Avoid sports or activities where I can get hurt.

Know what to do if I cut myself

- Use a clean, dry gauze and put pressure on the cut.
- Keep pressure on the cut for a few minutes until the bleeding stops.

Your care team will work with you to set goals so you can stick to your plan.