

Guidance for self-care

RED ALERT ZONE: seek help as soon as possible

- You experience a sudden change in your Parkinson's symptoms
- You have symptoms of an infection and/or you feel suddenly unwell
- You have become confused about your medications
- Your carer becomes ill or admitted to hospital and is unable to care for you

What should I do?

You should contact your GP or NHS **111**.
If you feel very unwell call **999**.

AMBER WARNING ZONE: stay alert

- You experience a gradual worsening of your Parkinson's symptoms
- Your Parkinson's medication is no longer managing your symptoms effectively
- You have developed side effects from the Parkinson's medication

What should I do?

You should contact the Parkinson Specialist Practitioner:
Telephone: **0300 019 8012** - open 8:30am to 4:30pm,
Monday to Friday

Email: **Uhd.parkinsons.service@nhs.net**

GREEN SAFETY ZONE: keep watch

- Your Parkinson's symptoms have not changed
- You remain as active and mobile as you normally are

What should I do?

No routine review is needed at this time. Continue your Parkinson's medications as prescribed.