

My Plan for Prevention and Early Recognition of Stroke

Name: _____

Date: _____

Green Zone: In Control

My condition is under control and I:

- ✓ Am keeping my blood pressure under control.
- ✓ Am not smoking.
- ✓ Have no headache or vision problems.
- ✓ Have no trouble speaking or swallowing.
- ✓ Have no arm or leg weakness or numbness.
- ✓ Have all my medicine.
- ✓ Have no trouble with movement or walking



Green Means I Should:

My symptoms are under control if I:

- ✓ Continue to take my medicine as ordered.
- ✓ Keep my doctor and other appointments.
- ✓ Follow instructions for diet, exercise, and therapy.
- ✓ Check my blood pressure regularly.

Yellow Zone: Caution

- ✓ I experience occasional dizziness or headache.
- ✓ I experience brief or temporary arm or leg weakness or numbness.
- ✓ My blood pressure is higher than ___/___ or lower than ___/___.
- ✓ **Have I missed my medications?**
- ✓ **Do I have less than three days worth of medicine left?**



Yellow Means I Should:

- ✓ Contact my physician and share my symptoms. (Symptoms indicate a potential need for medication adjustment and/or treatment.)
- Primary Physician: _____
- Phone: _____
- ✓ Discuss adjusting my medications with my physician.
 - ✓ Request refills if my medication is running out.

Red Zone: Medical Alert! Call physician immediately!

I am likely to experience:

- ✓ Trouble speaking.
- ✓ Trouble walking or a change in my walk.
- ✓ My arm and/or leg feeling heavy or numb.
- ✓ A drooping on one side of my face or smile.
- ✓ Trouble with vision.
- ✓ Blood pressure higher than ___/___ or lower than ___/___.



Red Means I Must:

- ✓ **Act fast, stroke is serious!**
- ✓ **Call 9-1-1 and say, "I need to be evaluated immediately. I am concerned I am experiencing a stroke."**
- ✓ Not attempt to drive myself to the hospital. Paramedics will evaluate me for possible stroke.
- ✓ Bring all my medicines and supplements with me to the hospital.

National Stroke Association. Preventing a Stroke. Available at: <http://www.stroke.org/understand-stroke/preventing-stroke>. Accessed on: July 3, 2018.

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NIH NINDS. Know the Signs. Act in Time. A Facilitator's Guide for the Know Stroke Community Education Kit and Video. Available at: https://stroke.nih.gov/documents/NINDS_KS_FacilitatorsGuide_06FNL_alt.pdf. Accessed on: July 3, 2018.

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