My Plan for Prevention and Early Recognition of Stroke

Name _____ Date _____ Do not smoke and avoid secondhand smoke.

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.



Green Means I Should:

- ✓ 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 above 140/90.
- ✓ ***Have I missed my medications?***
- ✓ ***Do I have less than 3 days worth of medicine left?***



Yellow Means I Should:

- ✓ Contact my doctor and share my symptoms.

  Doctor: _____

  Phone: _____
- ✓ Discuss adjusting my medications with my doctor.
- ✓ Request refills if my medication is running out.

Red Zone: Medical Alert!

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 above 160/90.



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 Assocation. Preventing a Stroke. Available at: http://www.stroke.org/understand-stroke/preventing-stroke.
Centers for Disease Control and Prevention. Preventing Stroke: Healthy Living. Available at: https://www.cdc.gov/stroke/healthy_living.htm.
National Institutes of Health (NIH) National Institute of Neurological Disorders and Stroke (NINDS). About the Campaign. Available at: https://stroke.nih.gov/about/index.htm.
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_FacilatorsGuide_06FNL_alt.pdf.

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