

ZONE TOOL

Know the Early Warning Signs of a Stroke



ACT F.A.S.T.

- F** Face Drooping
- A** Arm Weakness
- S** Speech Difficulty
- T** Time to Call 9-1-1

Get help immediately if you have any signs or symptoms of a stroke. Acting fast can lessen or even reverse brain injury from a stroke. Signs and symptoms may not be the same for each person. Follow your doctor's recommendations.

GREEN ZONE

I Am Following My Plan of Care

- I am following my care team's instructions for exercise, diet or therapy.
- My care team and I set my blood pressure goal between ____ and ____.

Actions: Set goals to reduce my stroke risk



- Keep all appointments
- Take my medicines as ordered
- Check my blood pressure regularly
- Talk with my care team about other ways I can reduce my stroke risk

YELLOW ZONE

My Health Needs Attention

- My blood pressure is slightly above what the doctor told me it should be. It should be between _____ and _____.
My blood pressure is now: _____
- I have been unable to take one or more of my medications.
- I have less than three days of medicine left and no refills, or I am unable to get my medicine now.
- I have occasional dizziness, but it goes away.
- I have headaches that are unusual for me.
- I have brief or temporary arm or leg weakness or numbness, but it goes away.
- I cannot follow my plan of care for exercise, diet or therapy.

Act Now



Contact my doctor and share my symptoms and any challenges with following my plan of care:

Doctor: _____

Phone #: _____

RED ZONE

Medical Emergency

Men and Women:

- Face drooping or numbness on one side
- Arm weakness or numbness on one side
- Speech difficulty or slurred speech
- New vision problems
- Trouble walking or lack of coordination
- Severe headache

Women may also experience:

- General Weakness
- Disorientation & confusion or memory problems
- Fatigue
- Nausea or vomiting

Act FAST



- Call 9-1-1** and say, "I need help **immediately**. I might be having a stroke."
- DO NOT** attempt to drive yourself to the hospital.

- ✓ Note the time symptoms start.
- ✓ Unlock the door so EMS can enter.
- ✓ Keep a list of current medicines and supplements on your refrigerator.

Stroke symptoms and warning signs. www.stroke.org. (2024). <https://www.stroke.org/en/about-stroke/stroke-symptoms>



Use this QR Code or link above to learn more about stroke prevention and care.

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MY BLOOD PRESSURE LOG

Try these tips for keeping track of your blood pressure at home:

- Always take your blood pressure at the same time every day.
- Take at least two readings, one or two minutes apart.
- Visit [cdc.gov/bloodpressure](https://www.cdc.gov/bloodpressure) to learn how to correctly measure your blood pressure.



Date	Morning			Evening		
	Time of Reading	Reading 1	Reading 2	Time of Reading	Reading 1	Reading 2
Sept. 1, 2022	8 a.m.	139/82	141/82	6 p.m.	145/85	142/83