

# My Plan for Prevention and Early Recognition of Stroke

Name \_\_\_\_\_

Date \_\_\_\_\_

Do not smoke and avoid secondhand smoke.

## Green Zone: In Control



### Green Means I Should:

- 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.

- ✓ 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



### Yellow Means I Should:

- ✓ 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?**

- ✓ Contact my physician and share my symptoms.

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

- ✓ Discuss adjusting my medications with my physician.
- ✓ Request refills if my medication is running out.

## Red Zone: Medical Alert!



### Red Means I Must:

- 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.

- ✓ **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>.

Centers for Disease Control and Prevention. Preventing Stroke: Healthy Living. Available at: [https://www.cdc.gov/stroke/healthy\\_living.htm](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\\_FacilitatorsGuide\\_06FNL\\_alt.pdf](https://stroke.nih.gov/documents/NINDS_KS_FacilitatorsGuide_06FNL_alt.pdf).

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