

Stroke stoplight tool

Which zone are you in today: **green**, **yellow** or **red**?

Doctor/Provider: _____

Phone: _____



Green Zone

I'm feeling good.

- I am keeping my blood pressure at or below 130/80 or my doctor/provider's recommendation of ____/____.
- I am able to think clearly.
- I have no headache or vision problems.
- I have no trouble speaking or swallowing.
- I have no unusual arm and/or leg weakness/numbness.
- I am steady on my feet.
- I am able to do my daily activities.
- I am not smoking.

How I'll prevent symptoms today

I will:

- Check my blood pressure regularly.
- Eat a healthy diet, limiting caffeine and alcohol.
- Exercise and continue therapy, if my doctor/provider ordered.
- Drink plenty of water, unless restricted by my doctor/provider.
- Take my medicine as prescribed.
- Keep my doctor/provider appointments.



Yellow Zone

I'm not feeling good.

- I am experiencing occasional dizziness or headache.
- I am having difficulty thinking clearly.
- I am unsure if I have taken my medications.
- I am unable to do my daily activities.
- I am experiencing brief or temporary arm or leg weakness/numbness.
- I am unsteady on my feet.
- My blood pressure is above 140/90 or provider recommendation of ____/____.

Caution!

Take action TODAY. I will:

- Report these symptoms to my doctor/provider without delay.
- Continue to take my medication as prescribed.
- Call my provider or refill my medications if I have less than 3 days left.
- _____
- _____
- _____



Red Zone

I feel awful!

- I am having trouble speaking or my family/friends cannot understand my words.
- I am unable to walk.
- I am unable to move my arm and/or leg with ease; feeling heavy or numb.
- I am feeling confused or disoriented.
- I have drooping on one side of my face or smile.
- I am having trouble with my vision.
- I have a severe headache with no known cause.
- My blood pressure is above 160/90.

Get help!

Take action NOW:

- **CALL 911 or seek medical care RIGHT AWAY and say: "I need to be evaluated immediately. I am concerned I am experiencing a stroke."**
- Do NOT attempt to drive to the hospital.
- While getting help, do this:
 - _____
 - _____
 - _____



Signs of a stroke?

BE FAST, CALL 911

Watch for these signs and symptoms of stroke:
B.E.F.A.S.T. (balance, eyes, face, arm, speech, time)



Balance

Check for sudden loss of balance



Eyes

Ask if vision is lost or unclear



Face

Look for an uneven smile



Arm

Check if one arm is weak



Speech

Listen for slurred speech



Time

Call 911 right away