



Stroke/TIA

Every Day	<ul style="list-style-type: none"> • Take your medicine as ordered by your doctor(s). • Eat low-salt and low-cholesterol foods. • Increase activity as tolerated. • Don't smoke and avoid all tobacco products. • If you have diabetes, control your blood sugar. • Be alert for signs of stroke. (See Red Zone.)
Green Zone	<p>ALL CLEAR! This zone is your goal. Your symptoms are under control.</p> <ul style="list-style-type: none"> • Taking all medicine as ordered • No stroke symptoms • Blood pressure at your target: _____ • Blood sugar levels at your target range: _____ • Following up with doctor(s) as scheduled
Yellow Zone	<p>CAUTION! This zone is a warning!</p> <p>Call your home care nurse at _____, or call your doctor at _____.</p> <ul style="list-style-type: none"> • Not taking all medicine as ordered • Blood pressure above your target • Blood sugar levels above target range • Not following up with doctor(s) as scheduled
Red Zone	<p>EMERGENCY Zone!!</p> <p>Call 911 or have someone take you to the Emergency Room!</p> <ul style="list-style-type: none"> • Trouble seeing in one or both eyes • Severe headache with no known cause • FAST: <ul style="list-style-type: none"> ○ Face – Does one side droop when smiling? ○ Arms – Does one arm drift down when you raise arms? ○ Speech – Is speech slurred when repeating simple phrases? ○ Time – If you have any one of these signs, call 911 and tell them what time the symptoms started.