

# 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