

Discharge information

Symptoms to look for when you go home from the hospital.

My Plan for Prevention and Early Recognition of Stroke

Name _____

Date _____

Green Zone: In Control

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.



Green Means I Should:

- ✓ 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

- ✓ 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?**



Yellow Means I Should:

- ✓ 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!

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.



Red Means I Must:

- ✓ **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.