

# Stroke/TIA

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