



# High Blood Pressure Zone Tool

## GREEN ZONE

### ALL CLEAR (GOAL)

- High blood pressure usually does NOT have any symptoms
- No headaches, nose bleeds
- Blood pressure is within goal of:
- systolic (top number)
- diastolic (bottom number)

### Doing Great!

- Your symptoms are under control

### Actions:

- Take medicines as ordered
- Check blood pressure, if able
- Keep all doctor appointments
- Keep weight under control
- Exercise
- Follow health eating habits.
- Keep exercising

## YELLOW ZONE

### CAUTION (WARNING)

#### If you have any of the following:

- Repeated blood pressures outside of your normal range
- Ringing in the ears

### Act Today!

- You may need your medicines changed

### Actions:

- Stop vigorous exercise  
Call your home health nurse  
  
(agency's phone number)
- Or call your doctor  
  
(doctor's phone number)



## RED ZONE

### EMERGENCY

- Severe headache or nosebleed
- Lightheadedness or heart racing
- Severe anxiety
- Severe trouble breathing
- Sudden numbness or weakness of the face, arm, or leg
- Sudden confusion, trouble speaking, or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

### You need to be seen right away

#### Actions:

- Call your doctor

Doctor

(Phone Number)

- Or call 911

References: [AHA](#), 2012; [NHLBI](#), 2012; [Yancy, et al](#), 2013

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