



Zone Tool

High Blood Pressure

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

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

Act NOW!

- You need to be seen by a doctor right away
- Actions:
 - **Call your doctor**

(doctor's phone number)
 - **Or call 911**