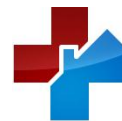


High Blood Pressure Management ZONES



GREEN ZONE	<p>ALL CLEAR (GOAL)</p> <ul style="list-style-type: none"> • High blood pressure usually does NOT have any symptoms • No headaches, nose bleeds • Blood pressure is within goal of: <ul style="list-style-type: none"> _____ systolic (top number) _____ diastolic (bottom number) 	<p>Doing Great!</p> <ul style="list-style-type: none"> • Your symptoms are under control • Actions: <ul style="list-style-type: none"> ○ 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	<p>WARNING</p> <p>If you have <u>any</u> of the following:</p> <ul style="list-style-type: none"> • Repeated blood pressures outside of your normal range • Ringing in the ears 	<p>Act Today!</p> <ul style="list-style-type: none"> • You may need your medicines changed • Actions: <ul style="list-style-type: none"> ○ Stop vigorous exercise ○ Call your home health nurse <p style="text-align: center;">_____</p> <p style="text-align: center;"><i>(agency's phone number)</i></p> <ul style="list-style-type: none"> ○ Or call your doctor <p style="text-align: center;">_____</p> <p style="text-align: center;"><i>(doctor's phone number)</i></p>
RED ZONE	<p>EMERGENCY</p> <ul style="list-style-type: none"> • 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 	<p>Act NOW!</p> <ul style="list-style-type: none"> • You need to be seen by a doctor <u>right away</u> • Actions: <ul style="list-style-type: none"> ○ Call your doctor <p style="text-align: center;">_____</p> <p style="text-align: center;"><i>(doctor's phone number)</i></p> <ul style="list-style-type: none"> ○ Or call 911

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



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