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ZONE Tool: High Blood Pressure Management

Doing Great! ALL CLEAR (GOAL) • High blood pressure usually does NOT Your symptoms are under control GREEN ZONE have any symptoms **Actions:** Take medicines as ordered No headaches, nose bleeds o Check blood pressure, if able Blood pressure is within goal of: Keep all doctor appointments Keep weight under control systolic (top number) Exercise Follow health eating habits diastolic (bottom number) Keep exercising WARNING **Act Today!** If you have any of the following: You may need your medicines • Repeated blood pressures outside of your changed YELLOW ZONE Actions: normal range Ringing in the ears Stop vigorous exercise Call your home health nurse: (agency's phone number) Or call your doctor: (doctor's phone number) **EMERGENCY Act NOW!** Severe headache or nosebleed You need to be seen by a doctor right away! Lightheadedness or heart racing Actions: • Severe anxiety o Call your doctor: Severe trouble breathing • Sudden numbness or weakness of the face, arm, or leg (doctor's phone number) • Sudden confusion, trouble speaking, or Or call 911 or go to the understanding **Emergency Department.** Sudden trouble seeing in one or both eyes Sudden trouble walking, dizziness, loss of balance or coordination

References: ACC/AHA, 2017; AHA, 2012; NHLBI, 2012; Go, et al., 2013



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