



Patient Stoplight Chart

Stroke



Place Patient Label with Barcode Here

How I Might Feel and What to Do:

Action Plan, What to do Every Day!

- Go to all of your follow-up appointments.
- Read the 'Your Stroke Journey' booklet in your discharge folder

Green Light: All Clear - This zone is your goal!

- I am taking my medications as prescribed
- My blood pressure is in the target zone set by my doctor _____systolic - _____systolic
- My blood sugar is in the target zone set by my doctor _____mmoL- _____mmoL
- I have not resumed driving without permission from my family doctor
- I do not have any Red Light symptoms.

**Your symptoms are under control.
Go to your scheduled Doctor/NP/Clinic appointments.**

Yellow Light: Caution - This zone is a warning!

- I have lost interest in activities that I usually like
- I am having difficulty sleeping
- I am having trouble concentrating
- I am having difficulty reducing my smoking
- I am having difficulty reducing how much alcohol I drink
- I do not have any Red Light symptoms

**You may need to change your medicines or be seen by your Doctor/NP/Clinic.
Call your Doctor/NP/Clinic for instructions.**

Red Light: Emergency - This zone means act fast!

- I will call 911 IMMEDIATELY if I have new symptoms:
 - I suddenly have the worst headache of my life
 - My face is uneven or drooping
 - I have weakness in one of my arms or legs
 - My speech is slurred
 - **Refer to the FAST card in your stroke package!!**

Call 911 Immediately!!!