

ZONE TOOL | High Blood Pressure



Remember:

- ✓ Keep your doctors' appointments.
- ✓ Take all of your medications to each doctors' appointment.
- ✓ Ask your doctor about getting a pneumonia vaccine.
- ✓ Get a flu shot and COVID vaccine every year.

GREEN Zone: Great Control

- 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)

GREEN Zone Means I Should:



- Your symptoms are under control
- Actions:
 - Take medicines as ordered
 - Check blood pressure periodically
 - Keep weight under control
 - Follow healthy eating habits
 - Exercise regularly

YELLOW Zone: Warning

Call Your Physician!

- Repeated blood pressures outside of your normal range – remember, very high blood pressures will not have symptoms
- Ringing in the ears
- Headache
- Lightheadedness
- Nausea
- Shortness of breath
- Heart palpitations (a fast-beating, fluttering, or pounding heart)
- Nose Bleed
- Anxiety

YELLOW Zone Means I Should:



- 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 chest pain
- Severe headache, accompanied by confusion and blurred vision
- Nausea and vomiting
- Severe anxiety
- Severe shortness of breath or trouble breathing
- Sudden confusion, trouble speaking, or understanding
- Sudden numbness or weakness in face, arm, or leg
- Seizures
- Unresponsiveness

RED Zone Means I Should:



- **Act Fast... High Blood Pressure is Serious!**
- **Call 9-1-1 and request an ambulance to the Emergency Department**

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