

TARGET: STROKESM

LEARN TO RECOGNIZE A STROKE AND TAKE ACTION



**Sudden numbness
or weakness of the face,
arm or leg, especially on
one side of the body**



**Sudden confusion,
trouble speaking
or understanding**



**Sudden trouble
seeing in one
or both eyes**



**Sudden trouble
walking, dizziness,
loss of balance
or coordination**



**Sudden, severe
headache with
no known cause**

Stroke Warning Signs

If you notice one or more of these signs, don't wait. Stroke is a medical emergency. Call 9-1-1 or your local emergency medical response system. Get to a hospital right away as every second counts! Early treatment can reduce disability from stroke. The sooner you receive treatment, the greater the benefits.

The American Stroke Association wants you to learn the warning signs of stroke: Stroke is a medical emergency. Know these warning signs of stroke and teach them to others. When it comes to the brain, every second counts!

Stroke is Preventable

You can help prevent stroke by making healthy choices and managing any medical conditions you may have.

Be prepared for an emergency.

- Keep a list of emergency rescue service numbers next to the telephone and in your pocket, wallet or purse.
- Find out which area hospitals are primary stroke centers that have 24-hour emergency stroke care.
- Know (in advance) which hospital or medical facility is nearest your home or office.

Take action in an emergency.

- Not all the warning signs occur in every stroke. Don't ignore signs of stroke, even if they go away!
- Check the time. When did the first warning sign or symptom start? You'll be asked this important question later.
- If you have one or more stroke symptoms that last more than a few minutes, don't delay! Immediately call 9-1-1 or the emergency medical service (EMS) number so an ambulance can quickly be sent for you.
- If you're with someone who may be having stroke symptoms, immediately call 9-1-1 or your local EMS. Expect the person to protest — denial is common. Don't take "no" for an answer. Insist on taking prompt action.

For stroke prevention, recognition, and treatment information, call the American Stroke Association at 1-888-4-STROKE or visit www.strokeassociation.org.

TIME LOST IS BRAIN LOST.™



American Heart Association® | American Stroke Association®

Learn and Live.™