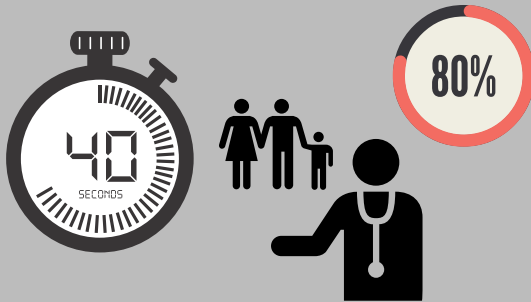


# CALLING ALL STROKE HEROES



## Did you know?

Someone in the US has a stroke **every 40 seconds**  
Stroke happens to people of **all ages**  
Up to **80%** of strokes are **preventable**

## Being a Stroke Hero means...



- ...keeping yourself and your family healthy to **prevent stroke**
- ...teaching others about the **risk factors & warning signs**
- ...thriving after stroke like the **8 million survivors and caregivers** in the US
- ...**educating youth about brain health and stroke awareness to help raise the next generation to prevent, treat, & beat stroke!**

## GETTING STARTED NOTES TO SHARE WITH STUDENTS

### WHAT IS A STROKE?

Stroke happens when blood can't get to the brain in the right way. Blood carries nutrients and oxygen to the whole body, including the brain. When the brain doesn't get these things, a person might have trouble talking, moving, or thinking clearly.



Strokes can be prevented and treated, but it's important to keep your brain healthy. That means lots of physical activity, plenty of good sleep & healthy foods. Knowing the warning signs of stroke and what to do when you see them is important too. Just remember to act F.A.S.T. If you see face drooping, arm weakness, or speech difficulty, call 911 fast!



**F** **A** **S** **T**  
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