

Know the Warning Signs of Stroke

If you or a loved one has sudden:

- Numbness or weakness of the face, arm or leg, especially on one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause

Call 9-1-1 immediately. Every second counts!

To easily recognize symptoms remember FAST:

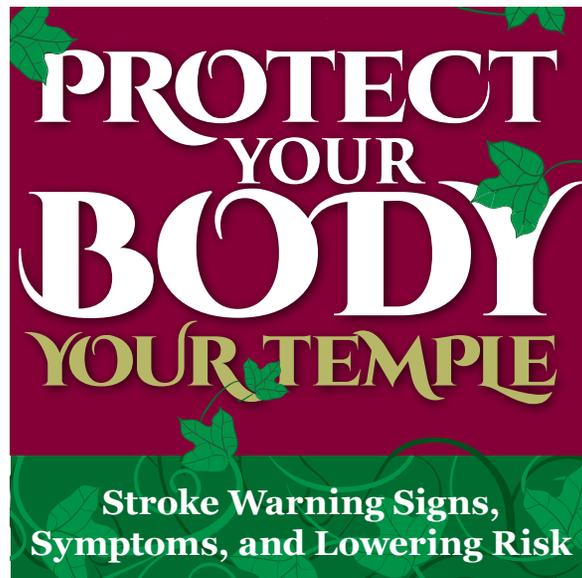
F: FACE – Ask the person to smile. (Does one side droop?)

A: ARMS – Ask the person to raise both arms. (Does one arm drift downward?)

S: SPEECH – Ask the person to repeat a simple sentence. (Are their words slurred? Can the person repeat the sentence correctly?)

T: TIME – If the person shows any of these symptoms, time is important. **Call 9-1-1 or get to the hospital fast!**

**Adapted from American Stroke Association*



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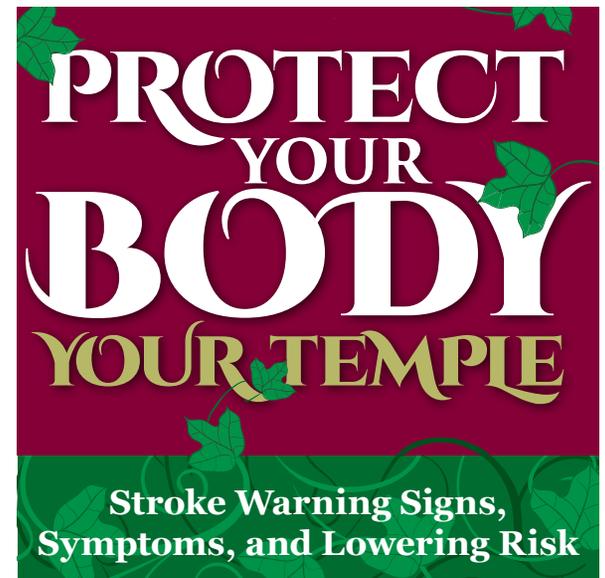
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African-Americans face higher risks of stroke.

- The more risk factors you have, the greater your chances of having a stroke.
- The best way to prevent a stroke is to reduce your risk factors.

Common Risk Factors for Stroke:

- **smoking**
- **high blood pressure**
- **high cholesterol**
- **physical inactivity**
- **obesity/overweight**
- **diabetes**



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Protect yourself and your loved ones with knowledge and action.



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