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
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

Protect yourself and your loved ones with knowledge and action.