

When it comes to Stroke

BE FAST. Call 911.

Any one of these sudden symptoms could mean a stroke.

HOW TO SPOT A STROKE



Balance

Sudden loss of balance, dizziness.



Eyes

Sudden Loss of Vision, Double Vision or Blurred Vision.



Face

Uneven smile, one side of face is drooping or numb.



Arm

Sudden weakness of arm or leg.



Speech

Sudden difficulty speaking.



Time

Time to call 911 immediately.

KEYS TO PREVENTION

Know and manage your risks.



Manage high blood pressure, the leading cause of stroke.



No smoking. No vaping. No tobacco.



Get regular physical activity.



Manage cholesterol.



Eat healthy foods including vegetables, fruits, and lean protein.