

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 or blurred vision



Face

Uneven smile, one side of face is drooping or numb



Arm

One arm is weak or numb



Speech

Slurred speech or 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.



Avoid tobacco use and vaping.



Get regular physical activity.



Manage cholesterol.



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