

My Emergency Information

Please fill out the below information.
Talk with your child about keeping
this information in a secure, easy to
remember place.

My Name: _____

My Age: _____

My Address:

My Phone Number:

My Primary Care Provider:

My Medications:

My Allergies:

My Family Emergency Contact:



Resources

Start with your Heart

www.startwithyourheart.com

Eat Smart, Move More

www.eatsmartmovemorenc.com

American Stroke Association

www.stroke.org



**For more information please
contact:** beefastsam@gmail.com



This email address is not monitored
daily. **If you are experiencing a medical
emergency, please dial 911.**

The SAM Initiative

Mission: To provide stroke education to school
aged children across eastern North Carolina

Vision: Increase awareness and response to
stroke, decrease stroke mortality in eastern
North Carolina, and provide education to aid in
reduction of modifiable risk factors for stroke

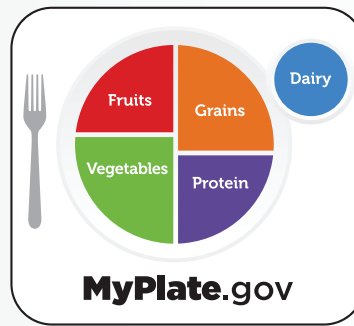
The SAM Initiative will be provided to public
schools within Eastern North Carolina to
enhance understanding of stroke risk factors
and stroke signs and symptoms. Eastern North
Carolina is located in the Stroke Belt of the
United States, meaning that more people suffer
and die from strokes here than in any other area
of the country. This initiative aims to reduce the
number of strokes that occur in our state.



Stroke Risk Factors

- High Blood Pressure
- Diabetes
- Heart and Blood Vessel Diseases
- High Cholesterol
- Smoking
- Obesity

Risk factors may vary between people. Talk to your healthcare provider about YOUR risk for stroke.



Healthy Diet

Healthy diet is important in reducing your risk for heart disease and stroke. For more information, visit myplate.gov.



No Smoking, No Vaping

Smoking and vaping increase your risk of heart disease and stroke. If you need help with stopping smoking or vaping, contact your medical provider for more information.

For more information, visit the American Heart Association www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco

BEFAST

When it comes to **STROKE**,
BE FAST CALL 911.

Any one of these sudden **SIGNS** could mean a **STROKE**.



Balance

Watch for sudden loss of balance



Eyes

Check for vision loss



Face

Look for an uneven smile



Arm

Check if one arm is weak



Speech

Listen for slurred speech



Time

Call 9-1-1 right away