

SPOTTING A STROKE

F.A.S.T

FACE — UNEVEN SMILE

ARM — WEAKNESS IN ONE ARM

SPEECH — SLURRED OR JUMBLED

TIME — CALL 911 RIGHT AWAY

Look for sudden changes in:

Eye or vision problems.

One-sided weakness or numbness.

Trouble speaking or confusion.

Trouble walking, dizziness or bad balance.

Very bad headaches.

CALL 911 FOR ANY OF THE SIGNS

CARE AND WAITING FOR 911

1. Have your family member rest in a comfortable position.
2. Remember or write down when the signs first started.
3. Wait for 911 to come.

WHAT IS A STROKE?

A stroke happens when blood and oxygen cannot get to the brain.

When blood and oxygen cannot reach the brain, it can become damaged and hurt.

RISK FOR STROKE:

- Unhealthy foods
- Not being active
- Over-weight
- Stress
- Smoking

RESOURCES:

- Heart and Stroke Foundation.
- American Stroke Association
- Stroke Centre-Niagara Health