

Warning Signs of

Stroke is a medical emergency. Know the signs, reduce your risk, protect your life!

Stroke

1

Sudden numbness or weakness of face, arm or leg, especially on one side of the body

2



Sudden trouble seeing or loss of vision in one or both eyes

3

Sudden, severe headaches with no known cause



4



Sudden confusion, trouble speaking or understanding speech

5

Sudden trouble walking, dizziness, loss of balance or coordination



**If you experience any of these warning signs, get help!
To reach an ambulance, call 911 immediately.**

You Can Lower Your Risk of Stroke by

- ♥ Getting your blood pressure checked regularly
- ♥ Being physically active
- ♥ Quitting smoking
- ♥ Taking prescribed medications properly
- ♥ Eating a low-fat diet
- ♥ Not drinking alcohol excessively

American Stroke Association

A Division Of American Heart Association



For more information, please call Operation Stroke at 1-888-4-STROKE or visit our web site at StrokeAssociation.org