Warning Signs of Stroke

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

1. Sudden numbness or weakness of face, arm, or leg, especially on one side of the body
2. Sudden severe headache with no known cause
3. Sudden trouble seeing or loss of vision in one or both eyes
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 website at StrokeAssociation.org