

Identifying a Stroke

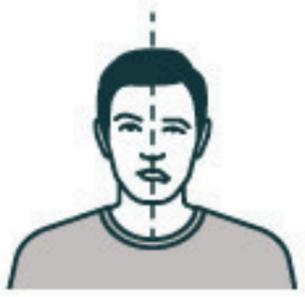
B **E** **F** **A** **S** **T**



BALANCE
LOSS OF BALANCE,
HEADACHE
OR DIZZINESS



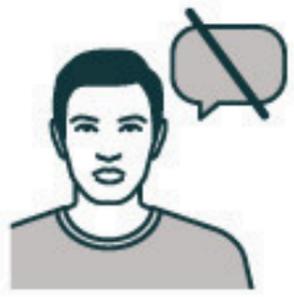
EYES
BLURRED VISION



FACE
ONE SIDE OF THE
FACE IS DROOPING



ARMS
ARM OR LEG
WEAKNESS



SPEECH
SPEECH DIFFICULTY



TIME
TIME TO CALL
FOR AMBULANCE
IMMEDIATELY

Call 911 - Stroke is an emergency!


**Take all
prescribed
medications**


**Manage High
Blood Pressure**


Eat Healthy

Preventing Stroke




**Exercise
Regularly**


**Limiting smoking
and alcohol**


Stay hydrated


**Manage
Diabetes**