

Stroke Prevention and Awareness

A **stroke**, sometimes called a brain attack, occurs when something blocks blood supply to part of the brain or when a blood vessel in the brain bursts.

If you think someone is having a stroke, **BE FAST**

B

Balance: Are they struggling with balance or coordination?



E

Eyes: Do they have blurry/ double vision, or have a sudden loss of vision?



F

Face Drooping: Ask them to smile. Does their face droop on one side?



A

Arm Weakness: Ask them to raise both arms. Does one arm drift down?



S

Speech Difficulty: Are they experiencing slurred speech, difficulty being understood, or an inability to speak?



T

Time to Call 9-1-1: If a person is showing these symptoms, call 9-1-1 and get them to a hospital as soon as possible.



Reduce your risk of stroke:



MANAGE YOUR BLOOD PRESSURE, DIABETES, AND CHOLESTEROL



EAT HEALTHY



STOP SMOKING



KEEP YOUR HEART HEALTHY



EXERCISE REGULARLY



AVOID DRUGS AND ALCOHOL

FIRE SAFE
South Carolina



A COMMUNITY RISK REDUCTION PROGRAM