

# SAFETY

## TIP OF THE MONTH

### Stroke Awareness

Stroke is the third leading cause of death in the United States. It is also a leading cause of serious long-term disability. While most strokes occur in people aged 65 years or older, strokes can occur at any age.

Knowing the symptoms of stroke and calling 9-1-1 immediately if someone appears to be having a stroke are crucial steps in getting prompt emergency medical care for a stroke.

**F.A.S.T.** is an easy way to remember the sudden signs of stroke.

When you can spot the signs, you'll know that you need to **call 9-1-1 for help** right away.

**F**ace Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

**A**rm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**S**peech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

**T**ime to call 9-1-1 – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.



#### Other Symptoms You Should Know:

- Sudden numbness or weakness of the leg, arm or face
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

**If you or someone else is experiencing a stroke note the time you experienced your first symptom. This information is important to your healthcare provider and can affect treatment decisions.**



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