

When it comes to Stroke

BE FAST. Call 911.

Any one of these sudden symptoms could mean a stroke.

HOW TO SPOT A STROKE



B	E	F	A	S	T
Balance	Eyes	Face	Arm	Speech	Time
Sudden loss of balance, dizziness	Sudden loss of vision or blurred vision	Uneven smile, one side of face is drooping or numb	One arm is weak or numb	Slurred speech or difficulty speaking	Time to call 911 immediately

KEYS TO PREVENTION

Know and manage your risks.

Manage high blood pressure, the leading cause of stroke.	Avoid tobacco use and vaping.	Get regular physical activity.	Manage cholesterol.	Eat healthy foods including vegetables, fruits, and lean protein.

Call 311 for a FREE Home Safety Check



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