

Stroke Survival Tips

- Know the symptoms of a stroke. This can help you act quickly if you feel ill.
- Keep a card with emergency numbers and a list of your medications with you at all times. The information will allow emergency medical personnel to contact your doctor, a friend, or a relative who can provide information on medications you are taking.
- Keep a phone on a low table. This will help you if you fall during a stroke or are unable to walk to a telephone and call for help.
- Keep a clock in the bedroom, living room, and kitchen, or wear a watch. If you think you are having a stroke, check the time so you will know when the first symptom appeared.
- Place a pad and pen on your nightstand with a checklist of medicines. Keep your checklist of medicines updated. If you have a stroke, tell emergency medical personnel where to find the list. This will help the health professionals know how best to treat you.
- Give a spouse, family member, or neighbor a list of the warning signs of a stroke and your emergency numbers. They may be able to help you if you have a stroke or provide important information to emergency medical personnel.

Adapted from the National Council on Aging's "Stroke Survival Tips," 2003.