

Stroke Survival Tips

1

Know What It Is

Your brain needs blood.



A stroke happens when blood suddenly stops going to the brain and brain cells die.

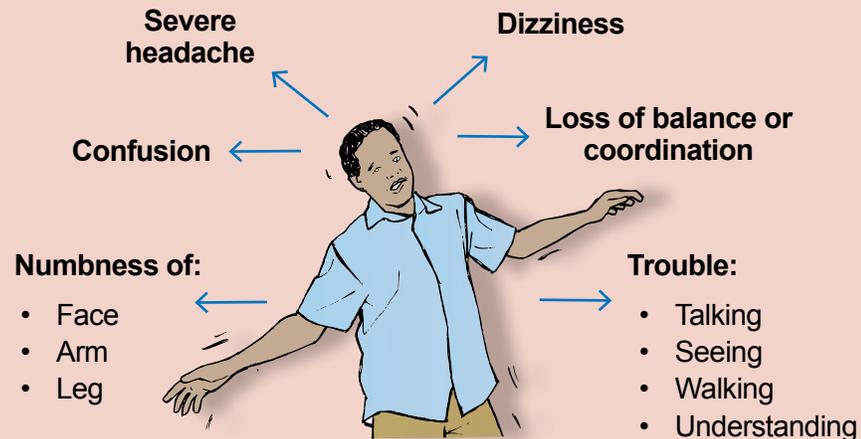


This can lead to disability or death.



2

Learn the Stroke Signs



A Stroke Is Serious. Every Second Counts.*

- Learn the stroke signs and teach them to your family and friends.
- Treatment can reduce the risk of damage from a stroke. You must get help within 3 hours of your first symptoms.
- Write down the time when symptoms first appeared.
- Keep a card with emergency numbers and a list of your medications with you at all times.
- Keep a touch tone phone on a low table or keep a cell phone with you. This will help you if you fall during a stroke or are unable to walk to a phone and call for help.

*Adapted from the NIH's "Know Stroke" webpage: <http://stroke.nih.gov/>.

4

Act Quickly

Call 9–1–1 immediately if you have any of these stroke warning signs.

