

Having a stroke?

Call 9-1-1 now!



Be alert, be safe and know what to look for.

The Warning Signs of a Stroke					
B	E	F	A	S	T
Balance Are you experiencing dizziness or loss of balance?	Eyes Are you experiencing vision loss or double vision?	Face Is your face drooping or numb on one side?	Arm Are you having weakness on one side of the body?	Speech Are you experiencing difficulty in speaking or forming words?	Time If you are experiencing these symptoms, immediately call 9-1-1.

Stroke Prevention | To reduce the risk of a stroke, focus on maintaining a healthy lifestyle:

- **Healthy Diet:** Eat a balanced diet low in sodium, saturated fats, and added sugars.
- **Exercise Regularly:** Aim for at least 150 minutes of moderate activity each week.
- **Manage Blood Pressure:** Keep it in a healthy range (below 120/80 mm Hg).
- **Control Diabetes:** If diabetic, keep blood sugar levels under control.
- **Quit Smoking & Limit Alcohol:** Both can increase the risk of stroke.
- **Take Medication as Prescribed:** If you're on medications for heart disease, cholesterol, or other conditions, follow your doctor's instructions.

Scan the QR code to learn more.

