

When a stroke happens, be fast!



Balance

Does the person have a sudden loss of balance?



Eyes

Has the person lost vision in one or both eyes?



Face

Does the person's face look uneven?



Arms

Is one arm hanging down?



Speech

Is their speech slurred? Do they have trouble speaking?



Time

Be fast! Call 911 for immediate help.



You may be at a higher risk of getting a stroke if you have any of the following conditions:

- Have high-blood pressure
- Have heart disease
- Smoke cigarettes
- Have diabetes

Preventative Guidelines

- Know your blood pressure. If it's high, work with your doctor to lower it.
- If you smoke, STOP!
- If you drink alcohol, limit to one drink per day.
- Know your cholesterol number. If it's high, work with your doctor to lower it.
- If you are diabetic, follow your doctor's advice carefully to get your blood sugar level under control.
- Carry a list of your medications with you.
- Include exercise in your daily routine.
- Enjoy a lower sodium (salt), lower fat diet.
- Ask your doctor if you have circulation (blood flow) problems which increase your stroke risk. If so, work with your doctor to control them.
- Minutes count – DON'T WAIT HOURS!
- If you have any stroke symptoms or see them in someone else, **call 911**.

Sudden Stroke Symptoms

- Numbness or weakness of face, arm or leg, especially on one side of the body.
- Confusion, trouble speaking or understanding.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness, loss of balance or coordination.
- Severe headache with no known cause.

Other important but less common symptoms include:

- Nausea and vomiting – different from a viral illness because of how fast it begins (minutes or hours vs. several days).
- Brief loss of consciousness or a period of decreased consciousness (fainting, confusion, convulsions or coma).



If you have any of these symptoms, treatment can be more effective if given quickly.

Stop, sit and call 911 for immediate help!



(915) 838-3200 | BorderRAC.org

In case of an emergency,

Call 911 from where you are and do not drive home.