

Strokes

A stroke occurs when the blood supply to part of your brain is interrupted or reduced, depriving brain tissue of oxygen and nutrients. Within minutes, brain cells begin to die.

A stroke is a medical emergency. Prompt treatment is crucial. Early action can minimize brain damage and potential complications.

Signs and Symptoms

- Sudden severe headache
- Sudden nausea and or vomiting
- Paralysis
- Loss of coordination
- Loss of balance
- Facial droop
- Difficulty speaking
- Urinary incontinence
- May have unequal pupils
- Saliva drooling

Treatment

Seek immediate medical attention if you notice any signs or symptoms of a stroke, even if they seem to fluctuate or disappear. Think “FAST” and do the following:

FACE. Ask the person to smile. Does one side of the face droop?

ARMS. Ask the person to raise both arms. Does one arm drift downward? Or is one arm unable to rise up?

SPEECH. Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?

TIME. If you observe any of these signs, call 000 immediately.

F

FACE
DROOPING

A

ARM
WEAKNESS

S

SPEECH
DIFFICULTIES

T

TIME
TO CALL