

Activities for the Workplace

Encourage employees to share this information with families and other community groups

- A poster campaign: simply place posters in the lunchroom, work areas, and on bathroom doors- leave them up for 30 days to allow messages to be remembered. Ask employees to sign the company pact sheet for PACT to Act FAST if they now recognize the stroke is an emergency.
- Lunch & Learn: Show the video about stroke during the lunch hour and supplement it with other educational materials available at no charge.
- Pact to Act FAST Display table: Set up a display in a high traffic area using our Posters as backdrop and offer a selection of educational materials as well the chance to sign the PACT and be counted as one of many in their county who now agree calling 911 for stroke is a life saving action.
- Offer blood pressure screenings to your employees and include information on stroke and the Pact to Act Fast. Ask your local volunteer how to arrange a screening.
- Invite an expert speaker to talk about stroke and how to manage risk factors to prevent stroke. This activity requires attendance of 30 or more people.
- *For all activities be sure to use the sign up sheet to help us track the number of people reached through this educational program.*

Pact to Act FAST

How to invite a partner to participate

- Explain you are calling or visiting today to ask them to participate in a free stroke awareness campaign.
- Let them know the activities we offer are brief and can be accomplished within one hour.
- Our goal is to increase the number of people in our community who receive treatment for stroke within the recommended time frame of 3 hours. Most people wait 6 hours or more. After 3 hours, there is no medication available to stop the damage from the stroke and prevent long term disability or death.
- Only 3% of the people in our community arrive at the hospital in time to be treated. We want to change that! You can help by bringing this information to your business, church, school, or community organization.
- Our local hospital has worked extremely hard to accelerate the treatment of stroke patients when they arrive by ambulance to make sure every second counts. Now we just need stroke patients to stop delaying and get to the hospital immediately by calling 911 when signs of stroke occur.
- See your coordinator's guide for next steps.

The direct and indirect costs of stroke in 2008 in the United States were estimated at \$65.5 billion



