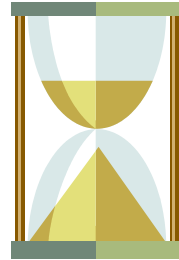


Pact to Act Fast for Stroke

What Every Family Should Know About Stroke Activities and Materials for Church, School, Community

Know the Signs:

- Facial droop on one side
- Arm –one arm weak or numb
- Speech is slurred
- Time is Critical to recovery note the time last known well



- **Act FAST:** Every second you wait, causes increased damage to your brain and may result in more disabilities. **Call 911** Immediately. Treatment is available within the first 3 hours after a stroke begins.

Plan with your family:

Agree today to call 911 when stroke signs occur even if the patient objects at the time: Make a Pact to Act FAST



Reduce your Risk Factors for Stroke:

- Don't smoke
- Ideal blood pressure 120/80
- Maintain cholesterol below 200
- Exercise to sustain a healthy weight

