

By learning the F.A.S.T. warning signs, you just might save a life from stroke.

F.A.S.T.

Face Drooping	Arm Weakness	Speech Difficulty	Time to Call 911
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Every 40 seconds, someone in the U.S. has a stroke.

It could happen on your street, in your workplace, at a store where you shop — anywhere. Your readiness to spot a stroke and call 911 as soon as possible can mean the difference between life and death and recovery or disability. That's why it's so important to learn stroke warning signs and urge everyone you know to do the same.



stroke.org/warningsigns

May is **AMERICAN STROKE MONTH**

We're proud to follow the American Heart Association® and American Stroke Association® guidelines for stroke care.

Take a moment to review this information. Share with your friends and family to better respond to and prevent strokes.



American Heart Association®

8 key measures for improving and maintaining cardiovascular health

Better cardiovascular health helps lower the risk of stroke and other major health problems.



- Eat Better**
- Be More Active**
- Quit Tobacco**
- Get Healthy Sleep**
- Manage Weight**
- Control Cholesterol**
- Manage Blood Sugar**
- Manage Blood Pressure**

heart.org/lifes8

Fold along this line and tape