**Stroke Awareness**

A Stroke happens when the blood supply to the brain is interrupted or reduced. When this happens, the oxygen and nutrients that the brain needs to function do not reach it. This deprivation of oxygen and nutrients can lead to the death of the brain cells. There are two kinds of strokes: Ischemic stroke and Hemorrhagic stroke.

A stroke can happen any time and the damage can be longer term. That is why it is important to know the signs that a stroke is about to happen. Stroke results can be minimal to severe impairments.

**FAST** - An acronym to quickly check if a person is having a stroke

- **F** = Face, ask the person to smile. Is one side of the face drooping down?
- **A** = Arms, Can the person raise both arms?
- **S** = Speech, Is the speech of this person slurred or confusing? Is the person able to speak?
- **T** = Time, it is critical if these symptoms are displayed. Call 9-1-1 immediately. The sooner medical attention is received damage can be minimized.

**Symptoms** - There are many symptoms of a Stroke. It can affect different people in different ways. Some symptoms can be:

- Paralysis
- Loss of Balance & Coordination
- Dizziness
- Confusion
- Loss of Sensation in any part of the body
- Difficulty Swallowing
- Muscle Stiffness
- Numbness
- Changes in Vision
- Severe Headaches
- Slurred Speech
- Memory Loss
- Involuntary Eye Movements

**Risk Factors** – There can be many Risk Factors that can include:

- High blood pressure
- Smoking
- High cholesterol
- Diabetes
- Atrial Fibrillation (A-Fib)
- Heart Disease.

Know the risk and take action to help prevent a stroke

Officer’s signature: [Signature]

![FAST logo](image)