

KNOW THE SIGNS. SAVE A LIFE.

B E F A S T



Balance

Sudden loss of balance or headaches?



Eyes

Is vision blurry?



Face

Does one side of the face droop?



Arm

Is one arm or leg weak or numb?



Speech

Is speech slurred or strange?



Time

Call 9-1-1 immediately!

LIFESAVING STROKE EDUCATION AVAILABLE IN:

ENGLISH • ESPAÑOL • 中文 • QUỐC NGỮ
TAGALOG • AFGHAN • PORTUGUÊS • فارسی

LEARN MORE AT: STROKEINFO.ORG

STROKE CASES IN SANTA CLARA COUNTY ARE ON THE RISE

Yet Less Than Half of Stroke Victims Reach the ER in Time for Treatment.

KNOW THE FACTS AND B.E.F.A.S.T.

STROKE IS TREATABLE

Every second counts! With fast action, emergency treatments can help reduce the effects of stroke. Recognize the signs and call 911 immediately.



TIME IS BRAIN: 2 MILLION brain cells die every minute increasing the risk of permanent life-changing disabilities or death.

STROKE IS 80% PREVENTABLE

Simple lifestyle changes can lower your risk. Managing your blood pressure, cholesterol, and diet can protect you.



Administering treatment within **3 HOURS** of the onset of symptoms improves the chances of recovery with little or no disability.

STROKE SURVIVORS ARE NOT ALONE

Recovery is possible with the right support. Connect with a community of survivors, access resources, and find guidance for your stroke recovery journey.

1 HR

THE GOLDEN HOUR: Stroke patients who reach the hospital within one hour of symptoms receive the clot-busting drug, tPA, twice as often as those arriving later. **A significant number of stroke victims don't get to the hospital in time for tPA treatment; this is why it's so important to identify a stroke immediately. Time lost is brain lost.**

Know Your Numbers



Blood Pressure

Diastolic Systolic



Cholesterol

HDL LDL

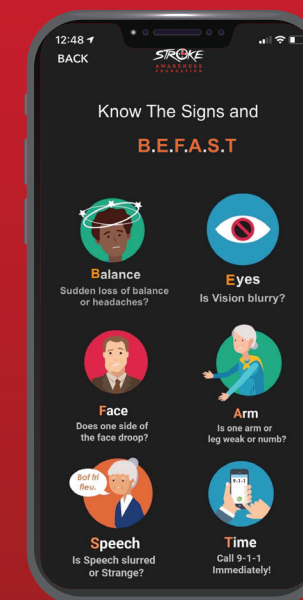


Blood Sugar

A1C

Everyone is different. *Know Your Numbers* and manage these three critical factors with your doctor.

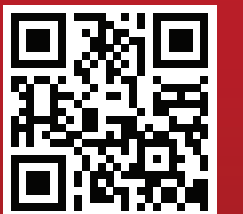
Champion
the *Challenges*
Inspiring Stroke Survivors
ChampionTheChallenges.org



Download the Free Stroke Awareness Foundation App Available In:

English • Español • 中文 • Quốc ngữ

- Identify Stroke Signs
- Locate Stroke Centers
- Accelerate 911 Calls
- Notify Emergency Contacts



STROKE
AWARENESS
FOUNDATION
WWW.STROKEINFO.ORG

The Stroke Awareness Foundation supports hospital stroke center certification, stroke protocols, as well as continued education about the warning signs of stroke and the need to seek 911 help immediately. Our goal is to save lives and improve outcomes of stroke victims. We rely on your generous donations, 100% of which stay here in Santa Clara County. To support stroke awareness in our community, make a donation today at www.strokeinfo.org/donate. To schedule a Stroke Presentation call 408-370-5280.