



Stroke awareness at home



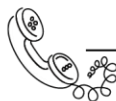
Green zone

You are in
control.



Yellow zone

Take action today. Call:



Red zone

Take action now! Call:



Do I have signs of a stroke?

Think F.A.S.T

- **F**ace
- **A**rms/Legs
- **S**peech
- **T**ime

No signs of a stroke:

- **Face:**
looks normal;
eyesight is same
as usual in both
eyes; tongue
straight
- **Arms/Legs:**
when lifted,
both arms stay
up; legs move
normally;
balance is normal
- **Speech:**
sounds normal;
not slurred

I had signs of a stroke but
they went away:

- **Face:**
drooped on one side;
sudden change or loss
of eyesight in one/both
eyes; tongue crooked
- **Arms/Legs:**
weak or numb; when
lifted, one arm drifted
down; leg dragged;
suddenly lost my balance
- **Speech:**
sounded slurred
- **Time:**
note the time signs
started and ended

I have signs of a stroke:

- **Face:**
droops on one
side; sudden
change in eyesight;
tongue crooked
- **Arms/Legs:**
cannot lift arm(s)
or when lifted, one
arm drifts down;
legs feel weak or
numb; leg drags;
sudden loss of
balance
- **Speech:**
slurred
- **Time:**
note time signs
started

How is my blood pressure?

Blood pressure is
normal:

_____ over _____

Blood pressure is higher
than normal but I do not
have sign(s) of a stroke.

Blood pressure is
high and I have
sign(s) of a stroke.

Did I miss any doses of medicine?

I did not miss a
dose.

I missed at least 1 dose in
the last 24 hours because I:

- Am out of medicine
- Am not sure how to take it
- Feel like I do not need it
- Do not like how it makes
me feel

I do not or cannot
take my medicine
and I have sign(s) of
a stroke.

My plan for stroke awareness and prevention at home

Stroke awareness includes:

- **Knowing the signs of a stroke: F.A.S.T.**
 - **F**ace:
 - Is it drooping on one side?
 - When I stick out my tongue, is it straight?
 - Do I have a bad headache, suddenly feel dizzy or nauseated?
 - Do I have sudden loss or change in eyesight in one or both eyes?
 - **A**rms and legs:
 - Can I lift them or does one feel weak?
 - Can I lift them both up without one drifting down?
 - Do my legs feel weak or numb?
 - Do I have a sudden loss of balance?
 - **S**peech:
 - Can I speak or is my speech slurred?
 - Do my words make sense?
 - **T**ime:
 - Note the time when the signs started
 - Signs of a stroke = time to call 911

Stroke prevention includes:

- **Checking my blood pressure every day**
- **Taking my medicine**
- **Eating healthy meals**
 - Keeping blood sugar under control
- **Getting exercise each day**
- **Quitting smoking**

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.