Know the signs of a stroke!

BE FAST

BALANCE
Sudden loss of coordination or balance

EYES
Sudden change in vision

FACE
Sudden weakness on one side of the face or facial droop

ARM
Sudden arm or leg weakness or numbness

SPEECH
Sudden slurred speech, trouble speaking, trouble understanding speech

TERRIBLE HEADACHE
Sudden onset of a terrible headache

TIME TO CALL 9-1-1
Every second counts!
**DID YOU KNOW?**

You can protect your brain from stroke by eating fruits, vegetables, whole grains, and beans everyday. Eating meat, cheese, and eggs may increase the risk of stroke\(^1\).

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What is a stroke?
Your brain needs blood and oxygen from blood vessels 24/7. A stroke happens when your brain stops getting enough blood or oxygen.

DID YOU KNOW?
Most strokes happen when a blood vessel to the brain gets blocked by a blood clot.

Help Bella through each maze to get to the hospital.

DID YOU KNOW?
Over 2,000,000 brain cells die every minute someone is having a stroke. Calling 911 and taking an ambulance will make sure the hospital can act quickly when the person having a stroke arrives.
Find Bella’s Stroke Symptoms
Bella is having a stroke. Circle all of her symptoms.

- Balance
- Eyes
- Face
- Arm
- Speech
- Terrible Headache

DID YOU KNOW?
Different parts of the brain help us talk, walk, balance, see, remember and learn new skills. During a stroke, a part of the brain stops working well.