

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

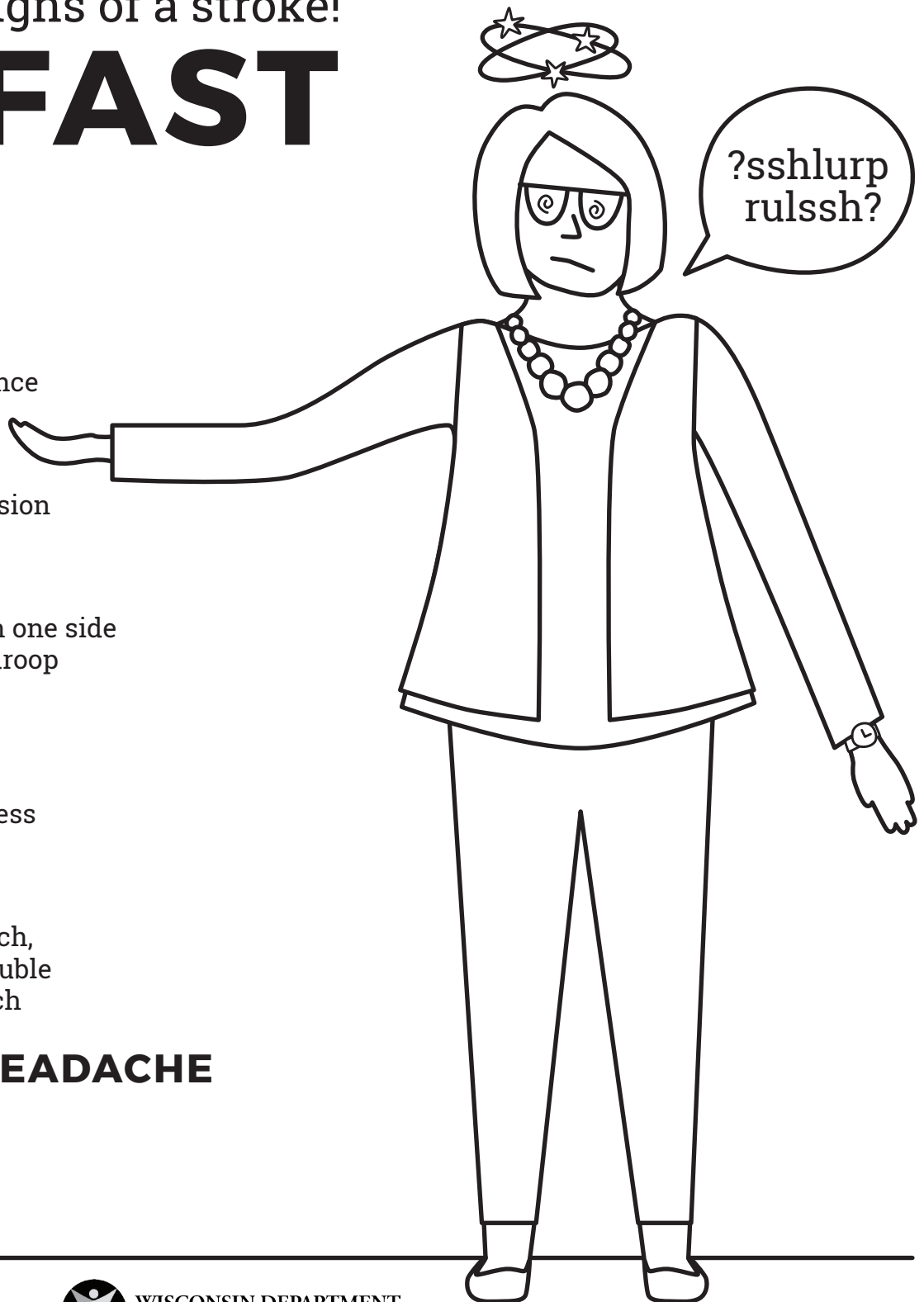
Sudden arm or leg weakness or numbness

SPEECH

Sudden slurred speech, trouble speaking, trouble understanding speech

TERRIBLE HEADACHE

Sudden onset of a terrible headache



WISCONSIN COVERDELL
STROKE PROGRAM



WISCONSIN DEPARTMENT
of HEALTH SERVICES

P-02107F (12/2019)

Webpage:
BE FAST
Bella



Video: How
to reduce
your stroke
risk



TIME TO CALL 9-1-1

Every second counts!

Bella Goes Shopping

Help Bella buy foods that will protect Bella from having a stroke. The foods Bella should eat have their letters scrambled. Use the clues to unscramble the word then find the food below and color it in.

SABEN _____

They are hard, small, come dry in a bag, or cooked in a can. They have lots of protein, fiber, and iron.

IBRLOCOC _____

This vegetable looks like a small tree, is super green, and is one of the healthiest foods you can eat.

GENRSE _____

Examples of these include arugula, kale, collard, and spinach. These foods are some of healthiest on the planet.

SEBERIR _____

These are small, juicy, and can be sour and sweet. The darker their color, the better they are for our bodies.

ICESPS _____

Add a little of these to get a big flavor. Examples are ginger, pepper, cinnamon, turmeric, and garlic.

LAXFEEDS _____

Tiny brown little seeds that rhyme with "tax leads". Eat 2 tablespoons of these a day to protect your heart, brain, and body.

ELPAP _____

These crisp juicy sweet snacks can be red to green. The peel is the healthiest part of them.

TORRAC _____

Most are orange though some are yellow and purple, these crunchy vegetables are loaded with vitamin A.

LAMATOE _____

Small and white flakes, these whole grains protect our heart and brain and are a tasty breakfast meal.

TUNS _____

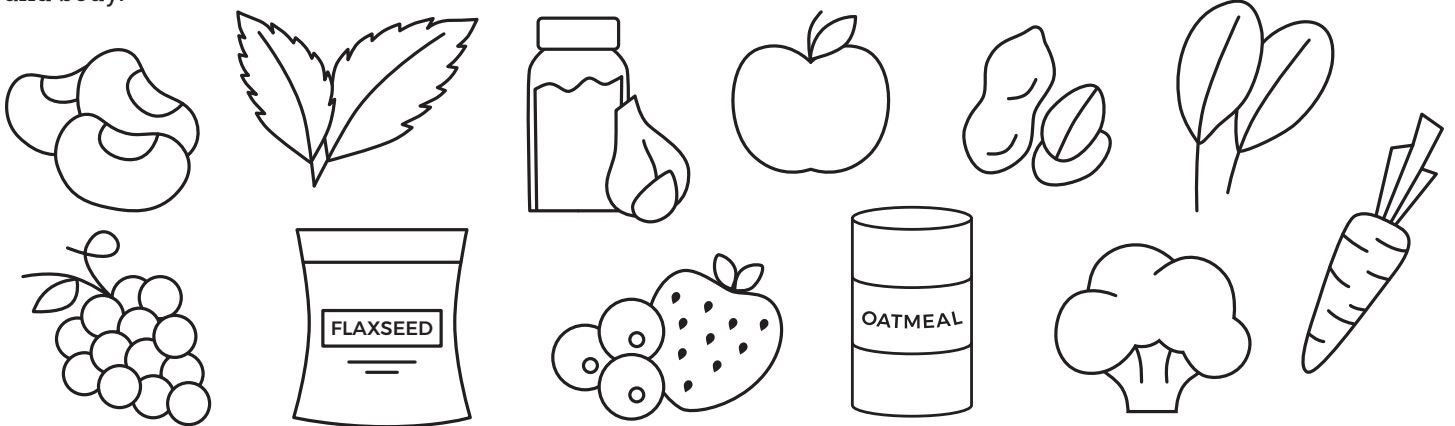
Examples of these are cashews, almonds, and walnuts. They are a crunchy plant food that is high in iron.

BERSH _____

Mint, oregano, parsley, and rosemary are examples. Eat a pinch of these each day to stay healthy.

SPAGER _____

Round, juicy, green, red or purple. Choose the red or purple ones for the best protection from stroke.



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 stroke¹.



How to select healthy foods

¹Orlich MJ, et al. Vegetarian dietary patterns and mortality in Adventist Health Study 2. JAMA Intern. Med. 2013

What is a stroke?

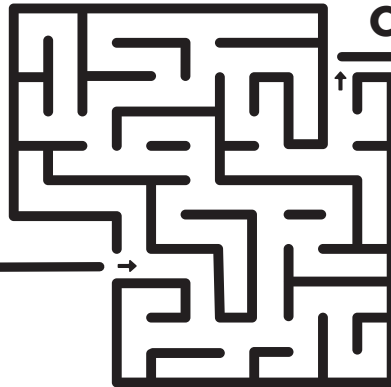
Your brain needs blood and oxygen from blood vessels 24/7. A stroke happens when your brain stops getting enough blood or oxygen.

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

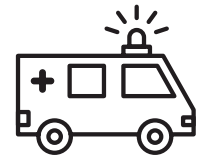
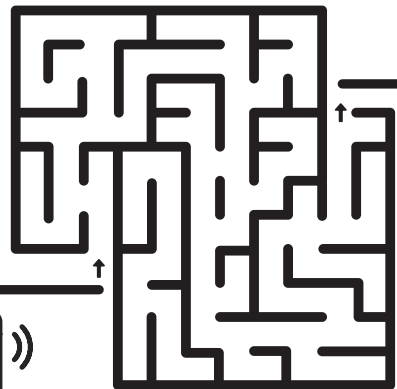
Help Bella through each maze to get to the hospital.



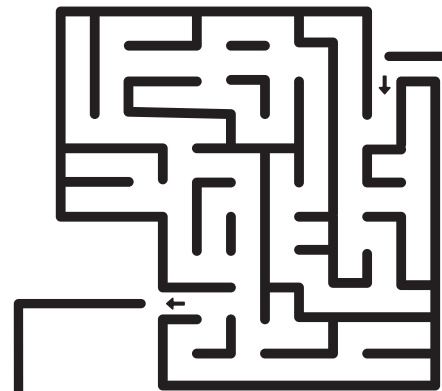
START



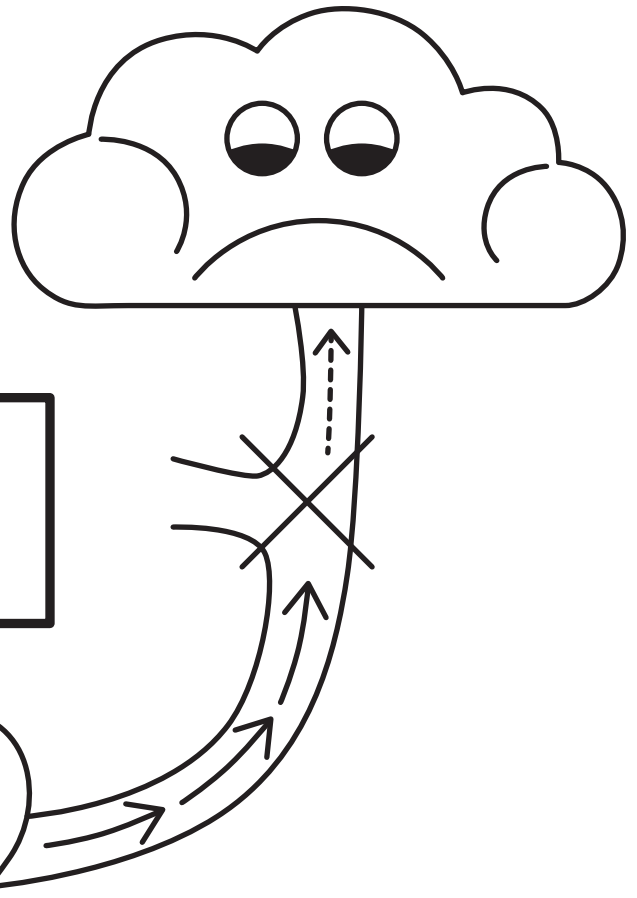
CALL 911



AMBULANCE



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.



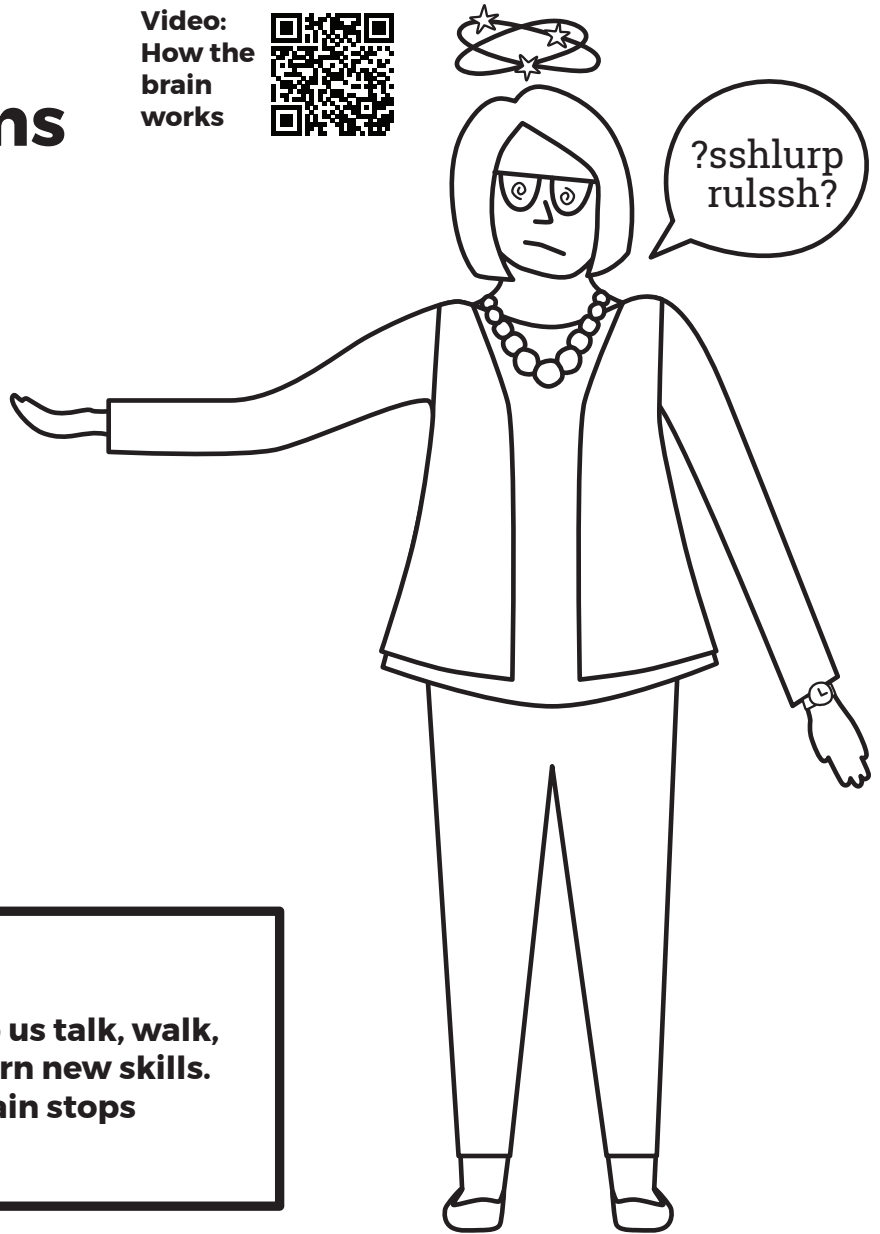
Find Bella's Stroke Symptoms

Video:
How the
brain
works



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.



HOSPITAL

