

February 26, 2020

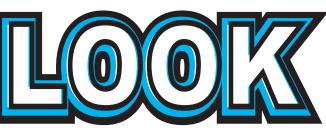
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# **Know the Signs of Stroke**

Honoring National Heart Month—Supporting Stroke Awareness There's treatment if you act FAST!!



#### **FACE DROOPING**

DOES ONE SIDE OF THE FACE DROOP OR IS IT NUMB?

Ask the person to smile. Is the person's smile uneven?



#### **ARM WEAKNESS**

IS ONE ARM WEAK OR NUMB?

Ask the person to raise both arms. Does one arm drift downward?



#### **SPEECH**

IS SPEECH SLURRED? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue."



#### TIME TO CALL 9-1-1

DOES ONE SIDE OF THE FACE DROOP OR IS IT NUMB?

Ask the person to smile. Is the person's smile uneven?

### Call 9-1-1! Time is critical when a stroke occurs. Time lost is brain lost.

Join us at one of our Stroke Education Seminars on Tuesday, March 3:

Grande Ronde Hospital: 10 AM-12 PM La Grande Fire Department: 2 PM-4 PM

Visit grh.org/actFAST for full event details.





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