

My Action Plan for Stroke

<p>Know How to Check for Stroke Symptoms</p>	<p>Check F.A.S.T.</p> <ul style="list-style-type: none"> • Face: Smile. Does one side of the face droop? • Arms: Does one arm feel weak or numb? Ask the person to raise both arms. Does one arm drift downward? • Speech: Is the speech slurred? Ask the person to say a simple sentence. Is the sentence repeated correctly? • Time: If the person shows any of these symptoms, Act Fast and Call 911 Immediately. Check the time: Know when my symptoms first started. Treatment within 3 hours decreases brain damage. 	
<p>Every Day</p>	<p>Things I Will Do Every Day:</p> <ul style="list-style-type: none"> • Do not smoke. Stay away from smoky areas. • Take my medicines the way my doctor told me to, even if I feel good. • Keep my doctor appointments. • Be active. • Eat a healthy diet. Eat fruits and vegetables. 	
<p>Green Zone</p>	<p>I Feel Normal for Me</p> <ul style="list-style-type: none"> • No sudden numbness or weakness of the face, arm or leg. • No sudden confusion, trouble speaking or problems understanding others. • No sudden trouble seeing in one or both eyes. • No sudden problems walking, dizziness, or feeling off-balance. • No sudden, severe headache without a known cause. 	<p>Action – I Will: Keep doing the things I do every day.</p>
<p>Red Zone</p>	<p>Danger – I Feel Much Worse</p> <ul style="list-style-type: none"> • Sudden numbness or weakness of the face, arm or leg, especially on one side of your body. • Sudden confusion, trouble speaking or understanding. • Sudden trouble seeing in one or both eyes. • Sudden trouble walking, dizziness, or feel off-balance. • Sudden, severe headache with no known cause. 	<p>Action – I Will: Call 911</p>