

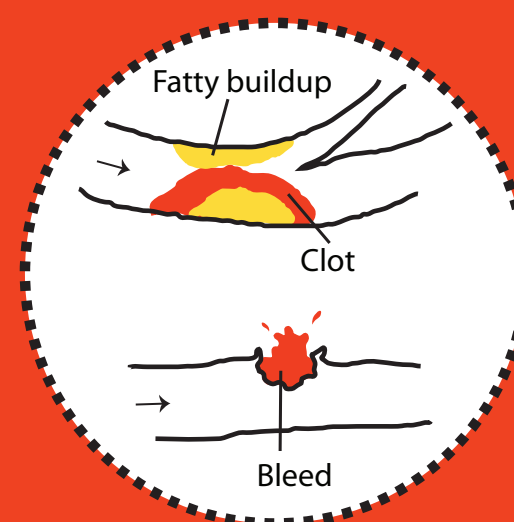
Know

STROKE

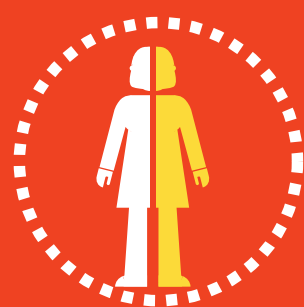


Stroke = brain attack

Caused when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a buildup of fatty materials or a clot; or bursts leading to bleeding in the brain



KNOW the signs of stroke



Sudden numbness or weakness of face, arm or leg especially on one side of the body



Sudden confusion or trouble in speaking and understanding



Sudden trouble seeing in one or both eyes



Sudden trouble walking, dizziness or loss of balance or coordination



Sudden severe headache which may be accompanied by altered consciousness

ACT urgently

Stroke is a medical emergency
3 key questions to help you spot a stroke



Face

Is there drooping of one side of face?



Arms

Is there weakness in one arm?



Speech

Is the speech slurred or strange?



If yes, **contact the nearest health facility**