



I, \_\_\_\_\_ ,  
(write your name here)

make this pledge to myself and  
those I care about, that  
I am Stroke Ready to act **FAST!**

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There are **medicines** to treat stroke!

I know that I need to  
**act FAST** if I see someone  
having any sign of stroke:

**F** ace drooping  
**A** rm weakness  
**S** peech difficulty  
**T** ime to CALL 911!

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If I see any of these signs,  
I will **CALL 911**  
and get to the hospital  
**as soon as symptoms start!**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Steps to follow:

1. Tell the 911 operator I think I am, or someone else is having a stroke.
2. Tell the 911 operator the address for where to send the paramedics.
  - Since stroke can happen anywhere, where are places I spend time I might see someone having a stroke?
    - My home       Work       School
    - A Friend's or Relative's house
    - Other \_\_\_\_\_
3. Write down, on paper or in my phone:
  - The sign(s) of stroke the person is having
  - What **TIME** it was when stroke symptoms started
4. Stay with the person until the paramedics arrive to take them to the hospital.
5. Tell the paramedics to alert the hospital that this person **could be having a stroke**.
6. Tell the paramedics what **TIME** it was when stroke symptoms started.
7. Take a deep breath! I've helped this person have a better chance of making a full recovery from stroke by getting them to the hospital **FAST!**



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