

## Stroke Ready Brief Intervention Guide



Hello my name is \_\_\_\_\_ and I want to tell you all about how you can be Stroke Ready. Since stroke is so common in Flint, we want everyone to know how to recognize the signs of stroke and to take action by calling 911 and getting to the hospital because stroke is treatable!

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Most often, when a stroke happens, a clot gets trapped in your brain and causes part of your brain to die. The main consequence of stroke is disability that can leave a person unable to do their normal everyday activities for a long time. So every stroke, no matter how small you *think* it may be, is an emergency. The longer a stroke goes without treatment, more of the brain dies. That's why it's important to call 911 and get to the hospital as soon as stroke symptom start

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To help you recognize and remember the signs of a stroke, you can use the word FAST. The chart inside your brochure gives examples of what you might see with each sign and a few ways you can check.

Let's start with the first letter.

The "F" in FAST stands for "Face drooping". Some of the signs you might notice are:

- an uneven face,
- a crooked or twisted smile,
- or uneven eyebrows, with one appearing higher than the other.

A simple way to check for face drooping is to ask the person to smile. Does their smile look normal, or is one side of their face drooping? You can also check to see if one of their eyes is drooping.

The next letter in FAST is "A," which stands for "Arm Weakness".

If someone is having arm weakness, you might notice that they're having weakness on one side, they're having trouble lifting one of their arms, or they're dropping things.

One way you can check for arm weakness is to ask the person to raise both of their arms.

Can they lift the weak arm all the way up and keep it there? Or is that arm drifting down? Can they pick something up and hold onto it without dropping it?



“S” is the next letter in FAST and stands for “Speech Difficulties”

When someone is having speech difficulties, you may notice:

- Their speech is slurred
- They might be having trouble finding their words
- or you may notice the words in their sentences are all mixed up and don’t make sense.

You can check for speech difficulties by asking the person to repeat a sentence. Are their words mixed up? Are they slurring their words? If you ask them a question, do they have trouble answering it?

And last, but not least, the “T” in FAST stands for “Time to call 911! And get to the hospital as soon as stroke symptoms start!”

If you see ANY of the signs of stroke, make sure to write down what TIME it was when they started. This information is very important for the hospital to know so that treatment can be given.

It’s also very important to remember that just ONE stroke sign is an emergency! If you notice any of these signs, make sure to get to the hospital FAST!

Even if the stroke signs seem mild, they are still a medical emergency and need to be treated right away!



There is medicine, called TPA, to treat stroke – but it can only be given at the hospital – AND it works better the sooner it’s given! To explain how TPA works - Imagine the arteries in your brain are like pipes in your kitchen sink. Just like a clog in the pipes - during a stroke - a clot gets trapped and stops blood from flowing to parts of your brain. TPA is a medicine that dissolves the clot so that blood can flow through the brain again!



Faster treatment means better recovery from stroke! Every year, more people recover from stroke with less disability because they got to the hospital quickly for treatment. In fact, over 100,000 people have been helped by getting TPA because they didn’t stay silent! They spoke up and got to the hospital as soon

as their symptoms started! So if you or someone you know are having signs of stroke, don't delay! Call 911 and get to the hospital right away so you can get TPA.



The card is a Stroke Ready action plan that you can put up on your fridge as a reminder that you need to act FAST and call 911 to get to the hospital as soon as stroke symptoms start. The back of the card walks you through the steps of what to do if you see someone having signs of stroke. Make sure to write down what time the symptoms started, or when the person was last feeling normal. The doctors and nurses at the hospital will need to know that information.

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Congratulations!

You are now Stroke Ready, and are an important part of the stroke treatment team!  
That's the end of my presentation. Thank you so much for your time!