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## *The Warning Signs of Stroke*

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Learn to recognize these signs of stroke:

- Sudden weakness, numbness or tingling
- Sudden trouble speaking or understanding speech
- Sudden vision problems
- Sudden severe headache
- Sudden dizziness or loss of balance, especially with any of the above

**If you think you or someone you know may be having a stroke, CALL 911 or your local emergency number IMMEDIATELY, or get someone to do it for you.**

**Even if these symptoms seem to go away quickly, get medical help PROMPTLY.**

***For more information about stroke, heart disease, and lifestyle resources, call 1-888-HSF-INFO (1-888-473-4636)***

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Adapted from: *Get Stroke Smart*, Heart and Stroke Foundation of Ontario.

**FEEL FREE TO POST AND/OR COPY TO HANDOUT TO PATIENTS**

