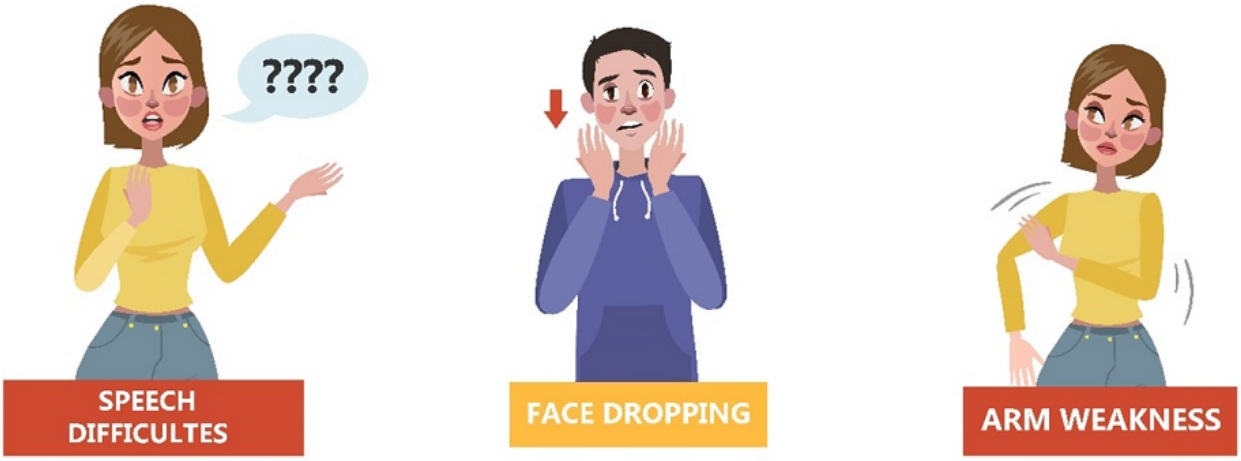
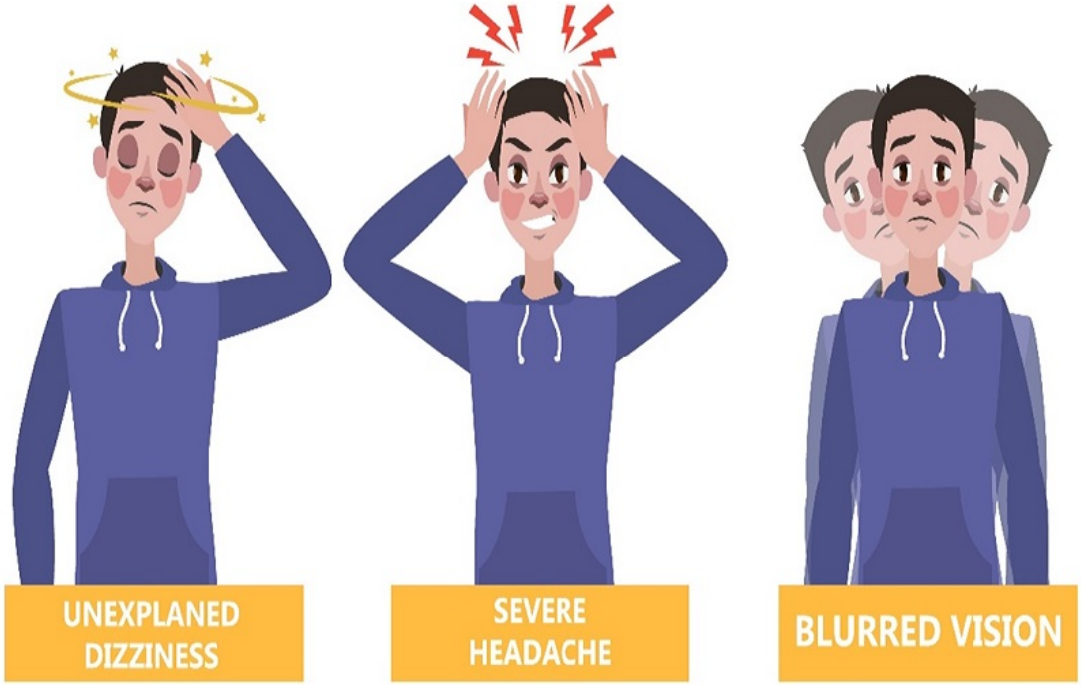
# Picture This: Would You Know What to Do?






If you saw a co-worker showing any or all these symptoms would you know what to do? Do you have an idea of what might be happening?

These are all warning signs of a stroke. Other symptoms include dizziness, a severe headache, and blurred vision.




A stroke is a blood clot preventing your brain from getting the blood it requires. The important thing is what you do if stroke symptoms happen; the sooner the treatment, the less chance of serious damage to the brain and less chance of permanent disability.

## WARNING SIGNS OF A STROKE

Recognizing the warning signs of a stroke could prevent serious damage. Be aware of the following signs among your co-workers.

- Numbness or weakness in face, arm, or leg, especially on one side.
- Confusion or trouble understanding other people.
- Trouble speaking.
- Difficulty seeing with one or both eyes.
- Trouble walking or staying balanced or coordinated.
- Severe headache that comes on for no known reason.

## WHAT SHOULD I DO IF SOMEONE IS HAVING A STROKE?

If someone is experiencing symptoms of a stroke, take these steps to lessen the effects of blood loss to the brain.

- Don’t ignore stroke warning signs – even there’s just one warning sign or if symptoms are mild or go away.
- Don’t wait! Every minute counts.
- Call 911 or emergency medical services (EMS) if one or more symptoms lasts for more than a few minutes. An ambulance can get you to a hospital without delay.
- Check the time when symptoms begin. This is important information to share when you arrive at the hospital.

Even if you’re not 100% sure if someone is experiencing a stroke, be sure to act as soon as possible. It’s better to have a wasted trip to the hospital rather than risk permanent damage. Having some basic knowledge to recognize the symptoms of a stroke or heart attack could save your own or a co-worker’s life

and prevent any long-term damage.