

STROKE

*Warning signs:*

- Numbness, tingling, paralysis on one side of the body, extremities, hands, and feet.
- Slurred speech, not making sense.
- Trouble understanding you.
- Uneven pupils.
- Nausea or vomiting.
- Decreased level of consciousness.

*Helping:*

- Help them get in a comfortable position on their side, make sure they are resting.
- Activate the ambulance.
- Reassure them that help is on the way.
- Keep them warm with a blanket.
- Do not give them anything to eat or drink.

*Notes:*

- It is extremely common for people to ignore the warning signs of a stroke. Unfortunately, this is one reason why so many people die from this disease – because they don't get help soon enough. As a first responder, it is your job to activate the ambulance as soon as possible. Sometimes a stroke is called Cerebral Vascular Accident (CVA). Mini stroke is a condition where the casualty experiences similar warning signs as that of a stroke, but these warning signs go away on their own. This is a warning sign that a serious stroke may occur and the person needs medical help immediately. This condition is sometimes called Transient Ischemic Attack (TIA).

