






S.O.S.
SIGNS OF STROKE

Would you know a stroke if you saw one?

Your ability to identify a stroke could save a friend, family member or co-worker from serious brain damage.

Three simple questions can help you determine if someone is having a stroke.

Ask the person to:

	Smile ...while you look for facial weakness, especially on one side
	Raise both arms ...while you watch for both arms to remain at the same height
	Speak a simple sentence ...while you listen for slurring

If the person cannot do even one of these tasks, **call 9-1-1** immediately as he/she could be having a stroke. Every minute that passes increases the chance of brain damage.

For more information contact the Washington State Department of Health by visiting www.doh.wa.gov or by calling **1-888-438-2247**, or visit the American Stroke Association website at www.strokeassociation.org.



**American Stroke
Association®**

A Division of American
Heart Association 

S.O.S.

SIGNS OF STROKE

Nationally, African Americans have one of the highest rates of disability and death due to stroke. If we rely on each other, we can reduce the burden of stroke and the number of African Americans affected.

If you think it might be a stroke, ask the person to:



SMILE



RAISE ARMS



SPEAK

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Public Health – Always Working for a Safer and Healthier Washington