

BE FAST: RECOGNISING THE SIGNS OF A STROKE



When it comes to a stroke, you must **BE FAST**



B
BALANCE

The person has sudden dizziness or loss of coordination



E
EYES

A sudden loss of vision in one, or both eyes, or double vision, occurs



F
FACE

Ask the person to smile.
Is the smile lopsided?



A
ARM

Ask the person to raise both arms.
Can they keep them there?



S
SPEECH

Ask the person to repeat a simple sentence.
Is it hard to understand?



T
TIME

If any of these symptoms exist, call 999 or 112

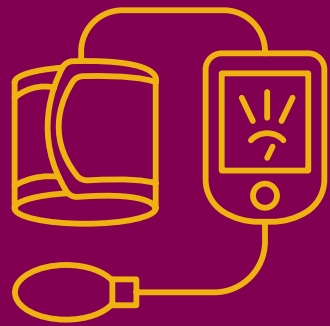
For more information, visit Green Hearts Campaign on www.irishinbritain.org

Irish
in Britain

STROKE/HIGH BLOOD PRESSURE FACT SHEET



High blood pressure = Higher risk of stroke



A Stroke happens when a clot or rupture interrupts blood flow to the brain



Normal blood pressure is below:

120/80 mmhg

Get your **blood pressure checked regularly** to reduce your risk of a stroke



Most people who have a stroke have high blood pressure



50%

of the Irish population with **high blood pressure** are **unaware** that they have it

Acting fast is crucial and a person should be treated within the **vital three-hour window**. Dial **999** or **112** if you spot any signs of a stroke



90% of strokes are preventable.

By learning about the stroke risk factors, we can understand how to combat and prevent them

For more information, visit Green Hearts Campaign on www.irishinbritain.org

Irish
in Britain