



# Know the Signs of **Stroke**

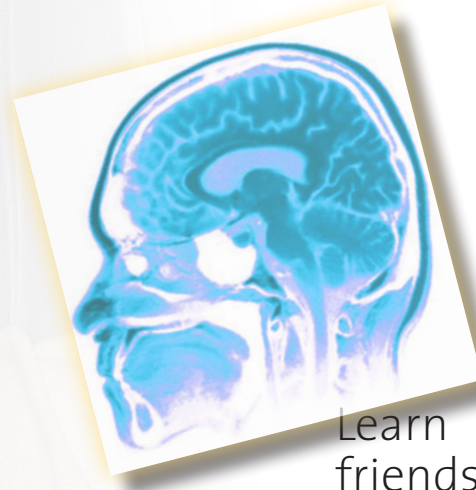
## IF SOMEONE EXPERIENCES SUDDEN:

Trouble walking  
Weakness on one side  
Trouble seeing  
Trouble speaking

# Call 9-1-1 Act in Time

## PLAN AHEAD:

Learn the warning signs. Talk with friends and family about calling 9-1-1 immediately. Consult with your health care provider to find out how you can reduce your risks.



[www.cchealth.org/ems/heartsafe.php](http://www.cchealth.org/ems/heartsafe.php)

HeartSafe  Community

Contra Costa Health Services