

Do you know the signs of a stroke?

KNOW THE "5" TO STAY ALIVE



A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries, part of the brain starts to die.

Brain damage can begin within minutes, so it is important to know the symptoms of stroke and act fast. Quick treatment can help limit damage to the brain and increase the chance of a full recovery. Don't ignore the signs of a stroke – even if they go away!

THE 5 WARNING SIGNS OF STROKE

1. Sudden trouble walking, dizziness, loss of balance or coordination
2. Sudden confusion, trouble speaking or understanding
3. Sudden numbness of the face, arm or leg (especially on one side of the body)
4. Severe headache that comes on suddenly (with no known cause)
5. Sudden vision changes. Trouble seeing in one or both eyes

If you experience one or more of these symptoms, please **call 9-1-1 immediately**. Do not delay. Stroke is a medical emergency and every minute counts. **Learn more at www.kp.org/stroke.**

For more information, please contact: (209) 557-1650 Advice Line, or write to:

**Kaiser Permanente
Modesto Medical Center**
4601 Dale Road
Modesto, CA 95356

**Kaiser Permanente
Manteca Medical Center**
1777 W. Yosemite Ave
Manteca, CA 95337

