



Bermuda Hospitals Board

LEARN HOW TO RECOGNISE STROKE



B

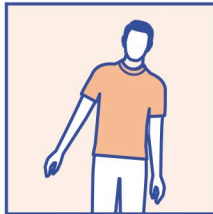
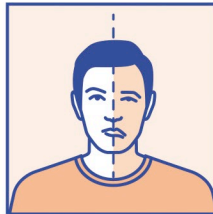
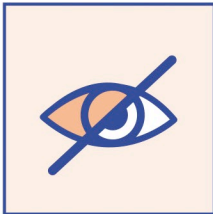
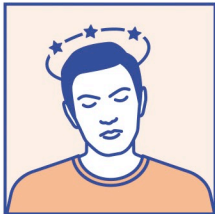
E

F

A

S

T



BALANCE

LOSS OF BALANCE,
HEADACHE
OR DIZZINESS

EYES

BLURRED VISION

FACE

ONE SIDE OF THE
FACE IS DROOPING

ARMS

ARM OR LEG
WEAKNESS

SPEECH

SPEECH DIFFICULTY

TIME

TIME TO CALL
FOR AMBULANCE
IMMEDIATELY

PREVENTION



KEEP YOUR
BLOOD PRESSURE LOW



LOWER
YOUR CHOLESTEROL



EAT HEALTHY FOOD



EXERCISE REGULARLY



TREAT SLEEP APNEA



MANAGE YOUR DIABETES



DRINK IN MODERATION



STOP SMOKING



AVOID STRESS



MAINTAIN
A HEALTHY WEIGHT