

Can you recognize the signs of a stroke?
BEFAST Bella is here to help.

Know the signs of a stroke!
BE FAST

BALANCE

Sudden loss of coordination or balance

EYES

Sudden change in vision

FACE

Sudden weakness on one side of the face or facial droop

ARM

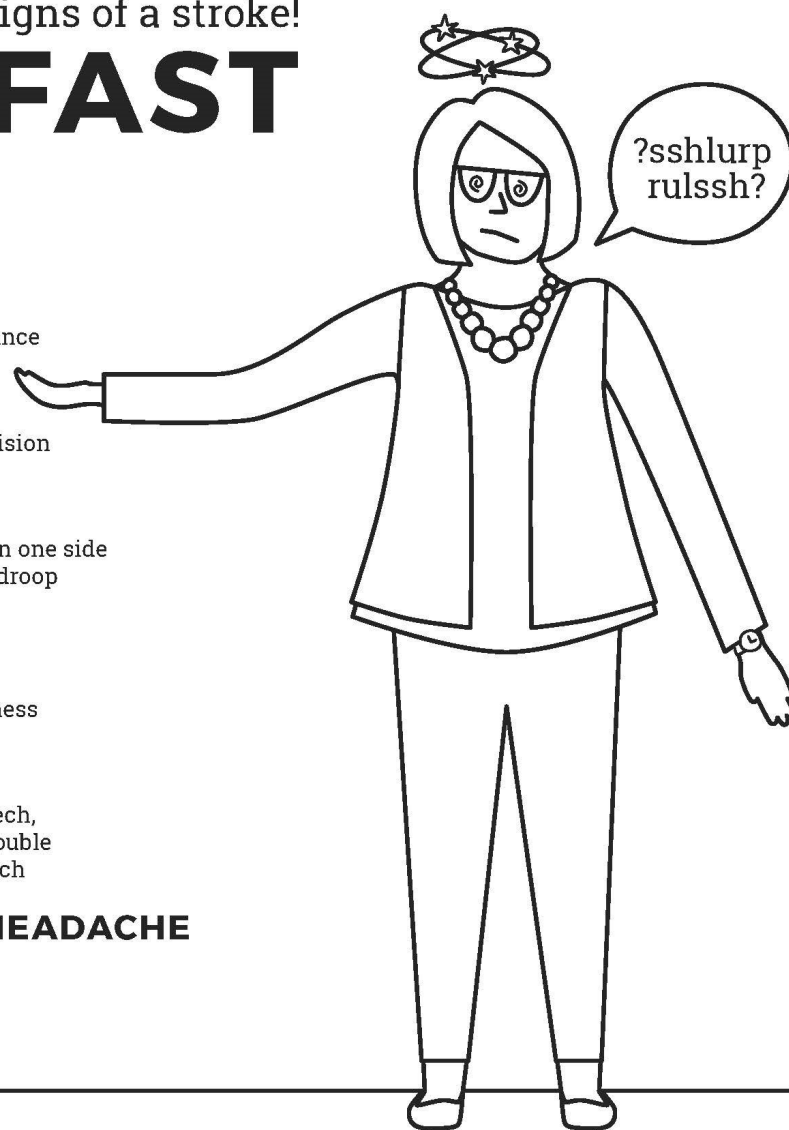
Sudden arm or leg weakness or numbness

SPEECH

Sudden slurred speech, trouble speaking, trouble understanding speech

TERRIBLE HEADACHE

Sudden onset of a terrible headache



Time to call 911

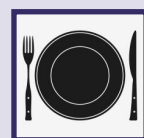
Every second counts!

<https://www.dhs.wisconsin.gov/coverdell/index.htm>

A majority of strokes are preventable.
Reduce your risk of having stroke by
making healthy lifestyle choices:



Know your blood pressure. If it is high, work with your health care provider



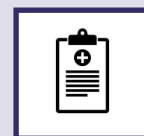
Eat a variety of food groups such as fruits, vegetables, whole grains, low-fat dairy, lean protein, nuts, beans, and vegetable-based oils



Get approximately 150 minutes of moderate (heart pumping) physical activity per week



Quit commercial tobacco use. It is the most important thing you can do to reduce your risk of stroke



Get regular medical check-ups. They will help you to stay on top of your health.

See how much you
have learned!



Can you find the stroke related words?

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

S R Q P F Z D C H Q K W D N M K O H R M
N F X Y P H Y S I C A L A C T I V I T Y
J I R K C Y T E C L Q Y W S P W W F W E
U K L U W C I I W N E V U X U Z Q N O Z
B Y M C I V D S Q J P A Z U R N E D W B
E K X G N T V W L K Q S N Y D Z D F H A
A N M V T Z S N G T E G Q P L I U A I L
N U O E D Q G E G Q P A A E R P C Q X A
S Z B W O V E G E T A B L E S O X H A N
X V O T J N L P W X M E I T F U T R L C
L B E F A S T I H V H M R O K T K E H E
D M P F K O Z N U T S N S E S H S X I G
B M C X Q P F I U O T I M E R W O Q W N
C S L J E Z G E L Q A C S P E E C H T W
S K D L L X B L O O D P R E S S U R E G
Q G Q H E A D A C H E C H F J C H A Q Y
Z T O E I W H O L E G R A I N S Q A W Q
F B S Y J U C S A C J L Y F G P A R M S
A Q G E D E R M A X H E F A C E T Z C H
J P F S R Q V E N H Q E N X S Q K K R Q

Word Bank

Physical activity	Vegetables	Balance	Speech
Blood pressure	Fruits	Eyes	Headache
Whole grains	Nuts	Face	BEFAST
Lean protein	Beans	Arms	Time

