

Stroke/Brain Attack

Know the Signs and Symptoms - BE FAST

- B** Balance – Is there a sudden loss of balance or coordination
- E** Eyes – Is there a sudden loss of vision in one or both eyes or blurry vision
- F** Facial Drooping – Is there sudden weakness in the face
- A** Arm Weakness – Is there weakness in an arm or leg
- S** Speech – Is there sudden difficulty speaking or slurring of speech
- T** Time to call 911

Heart Attack



Recognize the Signs and Symptoms of a Heart Attack

- Chest pressure, squeezing, aching or burning
- Shortness of breath
- Anxiety
- Excessive fatigue or weakness
- Pain in the jaw, back or pain that travels down one or both arms
- Feeling of fullness, nausea, vomiting or breaking out in a cold sweat

Survive, Don't Drive. *Always* call **911** in an emergency!