



RIVERSIDE

Emergency & Trauma Services

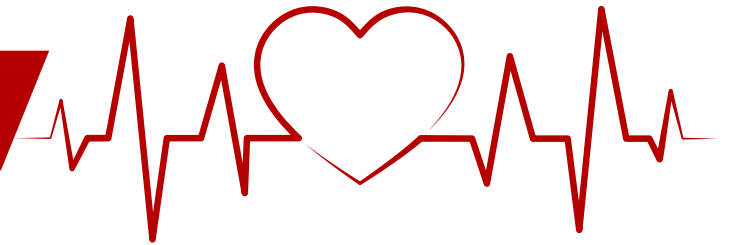
riversideonline.com/emergency

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!