

# Quick Stroke Check:

Give me **5**



**TIME  
LOST  
IS  
BRAIN  
LOST**

- 1 WALK**  
Is their balance off?
- 2 TALK**  
Is their speech slurred or face droopy?
- 3 REACH**  
Is one side weak or numb?
- 4 SEE**  
Is their vision all or partly lost?
- 5 FEEL**  
Is their headache severe?

Of the 750,000 strokes that occur each year, **500,000** are preventable.

Anyone can have a stroke, regardless of age, sex, or race. **Don't ignore the signs.** Stroke needs to be treated as life-threatening.

**Call 911 right away**, even if you have only one symptom, or the symptom goes away.

The best outcome for treatment is **within the first 60 minutes** from the onset of symptoms. For each minute that passes 2 million brain cells are lost.

