



Spot a stroke – and act fast

Description

In the week of 29 October we commemorated National Stroke Week as a reminder to be vigilant about the signs of a stroke and how to help someone who might be in trouble.

A stroke occurs when the blood supply to part of the brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients, and causing brain cells to start dying within minutes.

Strokes can be caused by a blocked artery or by a blood vessel leaking or bursting. Recognising the signs of a stroke and acting quickly can save lives and improve recovery outcomes.

Is it a stroke?

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Ask the person to smile.
Is the smile uneven?

Ask the person to raise
both arms. **Does one
arm drift downward?**

Category

1. Our Wellness

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