



Know the Signs of **Stroke**

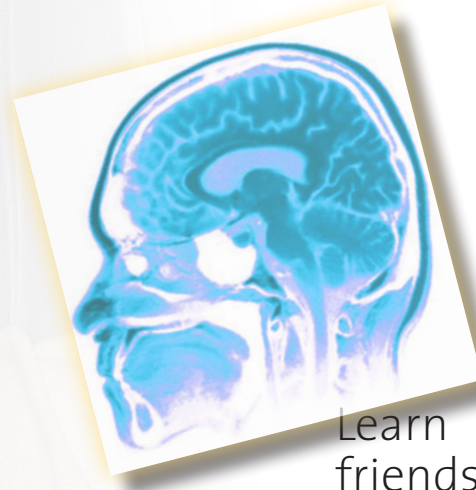
IF SOMEONE EXPERIENCES SUDDEN:

Trouble walking
Weakness on one side
Trouble seeing
Trouble speaking

Call 9-1-1 Act in Time

PLAN AHEAD:

Learn the warning signs. Talk with friends and family about calling 9-1-1 immediately. Consult with your health care provider to find out how you can reduce your risks.



www.cchealth.org/ems/heartsafe.php

HeartSafe  Community

Contra Costa Health Services