



American Heart Association | American Stroke Association®
 life is why®

EmPOWERED To Serve™



F | **A** | **S** | **T**
 FACE DROOPING | ARM WEAKNESS | SPEECH DIFFICULTY | TIME TO CALL 911



Em**POWERED** To Serve™

HOW NOT TO HAVE A STROKE Ambassador Toolkit
American Heart Association

How Not To Have A Stroke

Let's talk. About **one in four** stroke survivors is at risk for another one. Fortunately, **most strokes can be preventable**.

Let's Celebrate mom, grandpa and all those that have overcome stroke while encouraging ourselves and our friends to **share actions we can take now to NOT HAVE A STROKE**.

There are many occurrences in our daily lives that make us feel like we might have a stroke, but by making small adjustments, stroke can be prevented. Share some of these examples with us on social media—whether it's realistic or exaggerated, serious or comical—and let your network know HOW NOT TO HAVE A STROKE.

Need some ideas?

See some of our examples on the next few pages and let your creativity flow.

Don't forget to use the hashtag #EmPoweredToServe

Additional resources:

Download your copy of the stroke prevention checklist [here](#).

And if you aren't familiar with the stroke warning signs, learn how to spot them [F.A.S.T.](#) at empoweredtoserve.org

***ICYMI before, stay in the loop in 2017-2018.**

May is Stroke Month.

October 29, is World Stroke Day.

The American Heart/ American Stroke Association recognizes stroke patients, survivors and caregivers throughout the year. During May and October, special campaigns are launched to bring additional awareness to stroke risk factors, prevention and treatment.

***ICYMI- In Case You Missed It**




@EmPoweredToServe



@AHA_EmPOWERED

HOW NOT TO HAVE A STROKE examples and graphics:

| | |
|--|--|
|  <p>Her: Hey Babe, wyd? Him: I'm playing 2k with the fellas. Her: Cool, you can call me later. Him: Naw, I can talk and pl... WASSUP BOY... I SEE YA... Her: <disgusted look, rolls eyes> How NOT To Have a Stroke.</p> <p><small>American Heart Association American Stroke Association life is why™ EmPOWERED To Serve™</small></p> | <ul style="list-style-type: none"> 2K Scenario Her: Hey Babe, wyd? Him: I'm playing 2k with the fellas. Her: Cool, you can call me later. Him: Naw, I can talk and pl... WASSUP BOY... I SEE YA... Her: <disgusted look, rolls eyes> How NOT To Have a Stroke. #EmPoweredToServe |
|  <p>When you and the car that raced to get around you meet face-to-face at the next light. You: How NOT To Have A Stroke</p> <p><small>American Heart Association American Stroke Association life is why™ EmPOWERED To Serve™</small></p> | <p>Traffic:</p> <ul style="list-style-type: none"> When you and the car that raced to get around you meet face-to-face at the next light. <p>You: How NOT To Have A Stroke #EmPoweredToServe</p> |
|  <p>When you walk out the house properly dressed and you're abuelita approves... How NOT To Have a Stroke.</p> <p><small>American Heart Association American Stroke Association life is why™ EmPOWERED To Serve™</small></p> | <ul style="list-style-type: none"> When you walk out the house properly dressed and you're abuelita approves... How NOT To Have a Stroke #EmPoweredToServe |





When you flip the tortilla on the comal without burning your fingers... HOW NOT TO HAVE A STROKE.



- When you flip the tortilla on the comal without burning your fingers...
How NOT to have a stroke.
#EmPoweredToServe



When I escape to the restroom, so I can have two minutes of peace... How NOT To Have a Stroke.



- When I escape to the restroom, so I can have two minutes of peace...
How NOT To Have a Stroke
#EmPoweredToServe



Discovering the universal use for baby wipes... How NOT To Have a Stroke.



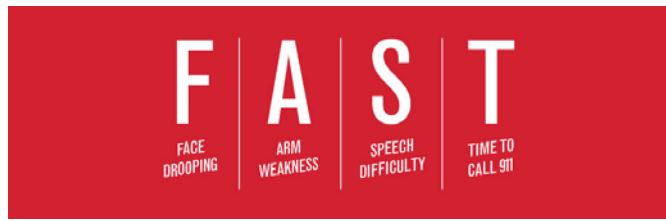
- Discovering the universal use for baby wipes...
How NOT To Have a Stroke
#EmPoweredToServe



@EmPoweredToServe



@AHA_EmPOWERED



- Face drooping, arm weakness, speech difficulty, time to call 911. These are the F.A.S.T. warning signs to a stroke. Learn them and save a life!
<http://bit.ly/2y8ZcCY>
#EmPoweredToServe



- Don't let the "silent killer" get you! Having high blood pressure puts you at a higher risk for stroke but it's the most controllable risk factor.
<http://bit.ly/2y8ZcCY>
#EmPoweredToServe

Now, share the lengths you will take and demonstrate HOW NOT TO HAVE A STROKE.

And.... Go.



@EmPoweredToServe



@AHA_EmPOWERED