

# Stay Stroke Smart

Staying Stroke Smart requires continual reinforcement of information about strokes. Use the free downloadable handouts and posters below to keep this information close and share with others. Knowledge has a shelf life and fades over time. By placing a memory aid where you will regularly see it, you enhance the possibility that you will **Stay Stroke Smart**, recognizing the signs of a stroke and remembering to call 911 when you spot a stroke.

## Recognizing Stroke Warning Signs through FAST

Quickly recognize the signs of a stroke with **FAST**:

**Face** (Facial drooping)

**Arms** (Arm numbness and/or weakness)

**Speech** (Difficulties speaking and/or understanding; slurred speech)

**TIME** (Call 9-1-1 immediately)

**Flyers with the FAST steps may be downloaded in various languages such as:**

- in [Amharic](#),
- in [Khmer \(Cambodia\)](#),
- in [Somali](#),
- in [Tigrigna](#), and
- in [Vietnamese](#)

**FAST Cards may also be downloaded in languages such as:**

- in [Amharic](#),
- in [Khmer \(Cambodia\)](#),
- in [Somali](#),
- in [Tigrigna](#),
- in [Vietnamese](#), and
- in [Traditional Chinese](#)

*\*Each flyer and card has an English-language version on the back*

# Be Stroke Smart Posters

Be Stroke Smart posters and cards (which can be made into magnets) are available in English and Spanish.

- [Be Stroke Smart Poster \(8.5"x11"\) - English](#)
- [Be Stroke Smart Poster \(8.5"x11"\) - Spanish](#)
- ["Can You Spot a Stroke?" Poster \(8.5"x11"\) - English](#)
- [Be Stroke Smart Card \(4"x7"\) - English](#)
- [Be Stroke Smart Card \(4"x7"\) - Spanish](#)

The Stroke Smart Cards are good for portable reminders and to hand out. They can conveniently be placed on fridges, bulletin boards, and bathroom mirrors. Remember, the keys to staying Stroke Smart are **Retention, Repetition and Access**.

## Other Free Materials

These organizations offer stroke resources and materials to order and/or download as well:

- [Stroke Awareness - Stroke Urgency Toolkit materials](#)
  - Description: Download (or order) these educational tools to help spread awareness of sudden symptoms of stroke and motivate others to take action by calling 911. (Multiple languages available)
- [National Institute of Neurological Disorders and Stroke](#)
  - Description: A catalog search of all stroke research materials offered by the NINDS. (Multiple languages available)
- [American Stroke Association - Stroke Resource Library](#)
  - Description: A variety of resources including downloadable pamphlets, videos, and toolkits. (Spanish resources available)
- [CDC Stroke Resources for Health Professionals](#)
  - Description: Resources and information to share with patients and other health professionals. Includes fact sheets, webinars, and journal articles, and more.