

## **May Is Stroke Awareness Month.**

Individuals with Intellectual Disabilities, just as other people, may suffer a stroke and it is important that all care providers and family members know the signs so that they can seek immediate, emergency medical attention. Doing so may prevent significant disability and may be critical to saving a life. The signs below, from the American Stroke Association, are easy to recognize and require immediate medical attention.



**Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

**Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**Speech Difficulty** – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

**Time to call 9-1-1** – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

### **Beyond F.A.S.T. – Other Symptoms You Should Know**

- Sudden numbness or weakness of the leg, arm or face
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

**If someone shows any of these symptoms, immediately call 9-1-1 or emergency medical services.**