

## ONslow CHIP TIP... May 2011

### NATIONAL STROKE AWARENESS MONTH

#### Warning Signs from the American Stroke Association

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in 1 or both eyes
- Sudden trouble walking, dizziness, loss of balance
- Sudden severe headache with no known cause



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## OTHER RESOURCES

### American Heart Association

