

Taking on  
**Heart Attack & Stroke  
Emergencies**  
in  
**Michigan**

## Stroke

Be prepared!  
Know the signs & symptoms  
and have a plan!

**F**ace



Does the face look uneven?  
Ask the person to smile.

**A**rm



Does one arm drift down?  
Ask the person to raise both arms.

**S**peech



Does their speech sound strange?  
Ask the person to repeat a simple phrase. For example, "The sky is blue."

**T**ime

If you observe *any* of these signs, then it's time to call 9-1-1.



HDSP Program, Massachusetts Department of Public Health

- **DO NOT WAIT!**  
Call 9-1-1 or let someone do it for you.
- **Don't drive!** People who arrive in an ambulance get care faster.
- **Act FAST!** You have a better chance of getting back to normal if you act FAST and call 9-1-1!

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# Heart Attack

Be prepared!  
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**P**ain, chest pain



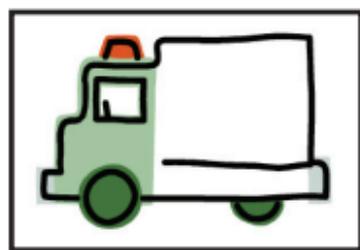
**O**ther kinds of  
discomfort,  
ache in jaw,  
squeezing in  
chest, pain in  
arms or back



**S**hort of breath,  
sweating,  
anxious



**T**ime to get  
help fast &  
call 9-1-1!



MDCH 2010 Artist Joe Worden

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- **Act fast!** You have a better chance of getting back to normal if you act fast and call 9-1-1!

You can find more information at the  
High Blood Pressure University at  
[www.michigan.gov/cvh](http://www.michigan.gov/cvh)