



Stroke Emergency Checklist

Learn the signs of stroke

- F**ace is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

Act **F A S T** because the quicker you act, the more of the person you save.

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- Emergency contact:
Name: _____
Phone number: _____

Please fill out the following information and keep it handy by the phone:

- Local emergency number: 9-1-1 or _____
- Your address: _____

- Your phone number: _____
- Pre-existing medical conditions and medications (for each family member):
1. Name: _____
Condition: _____
2. Name: _____
Condition: _____
3. Name: _____
Condition: _____
4. Name: _____
Condition: _____

If you witness someone having a stroke, do what you can to keep them safe and stay with them until help arrives.

BE PREPARED

When you're on the phone with the 9-1-1 operator:

- ✓ Speak slowly and clearly
- ✓ Do not hang up until the operator tells you to
- ✓ The 9-1-1 operator will ask for information, including:
 - ▶ Stroke signs and symptoms
 - ▶ Time when stroke signs and symptoms first began
 - ▶ Medication the patient is taking
- ✓ The operator may also provide instructions, such as:
 - ▶ Unlock the door
 - ▶ Move pets out of the way

When EMS/paramedics arrive, they will:

- ✓ Ask for information, including:
 - ▶ Information about the patient (e.g. their age and health history)
 - ▶ Who the decision-maker for the patient may be
 - ▶ Any other information that may influence medical care (e.g. drug allergies)
- ✓ Provide instructions, including:
 - ▶ Accompanying the patient to the hospital
 - ▶ Being accessible by phone for decision-making

IF YOU LIVE ALONE:

- If you're elderly or have an existing medical condition, speak to your healthcare provider for advice on getting an emergency alert system in your home
- Develop a network of people to check in with regularly
- Ensure someone in your network has a key to your home, and knows your medical conditions and preferences in a serious health crisis

Learn more at
heartandstroke.ca/FAST