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****TROPICAL STORM/HURRICANE INFORMATION SHEET****

HEALTH OFFICIALS REMIND FLORIDIANS OF WARNING SIGNS OF STROKES

TALLAHASSEE – As Floridians begin the task of recovery from the storm, health officials ask individuals, especially those performing heavy physical activity, to be aware of the warning signs and symptoms of strokes

Main Points

- Know the warning signs of stroke.
- Call 9-1-1 immediately if you or someone near you has one of the warning signs.
- Reduce your chances of having a stroke by having a healthy lifestyle.

General Stroke Signs Information

- A stroke happens when a blood vessel to the brain bursts or is clogged by a blood clot. This prevents the brain from getting the blood and oxygen it needs. Without oxygen, the nerves in the brain begin to die within minutes. The more time that passes without treatment, the greater the damage to the brain. Treatment within three hours of a stroke can often reduce long-term effects.
- You may have one or more of the following warning signs of a stroke:
 - **Sudden, severe headache** with no known cause.
 - **Sudden trouble seeing** in one or both eyes.
 - **Sudden confusion**, trouble talking or understanding speech.
 - **Sudden numbness or weakness** of the face, arm, or leg, especially on one side of the body.
 - **Sudden trouble walking**, dizziness, loss of balance or coordination.
- These signs may only last a few minutes. If you or someone you are with shows one or more of these signs, don't ignore them. **Call 9-1-1 to get medical help right away.**
- A person who has a stroke may suffer little or no brain damage and disability, especially if the stroke is treated promptly. But stroke can lead to severe brain damage and disability, or even death. The type of disability caused by a stroke depends on the extent of brain damage and what part of the brain is damaged. Stroke may cause paralysis or weakness of one side of the body, memory problems, mood changes, trouble speaking or understanding speech, problems with eating and swallowing, pain, depression, and other problems. Rehabilitation and medical treatment can help a person recover from the effects of stroke and prevent another stroke from occurring.

For further information, please contact your local county health department, or visit www.doh.state.fl.us or www.FloridaDisaster.org. Florida Emergency Information Line: 1-800-342-3557. Public Information Emergency Support Function: (850)-921-0384

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