

## To check if someone is having a stroke, ask the person to **Give Me 5!**

Stroke has dropped from the third- to the fifth-leading cause of death in the United States but remains the leading cause of disability. However, research shows the public remains unaware of stroke's warning signs and the need for immediate medical attention. Even if the symptoms subside, call 9-1-1!

### Things to look for or ask:

#### **1 Walk**

##### **Is their balance off?**

- Are they able to stand straight and tall? Or do they slump to one side?
- Do they appear to have lost strength on one side of their body?
- Are they leaning to one side when they try to walk?
- Are they veering off to one side?
- Are they dragging the foot on the side they are leaning toward?
- Can they tell you whether they can feel the side that they are leaning toward?

#### **2 Talk**

##### **Is their speech slurred or face droopy?**

- Are they having problems speaking?
- Are they having problems "getting their words out?"
- Do they sound like they have something in their mouth when they speak?
- Are they saying the appropriate words (do their words make sense) when they speak?
- Does one side of their mouth droop down?

#### **3 Reach**

##### **Is one side weak or numb?**

- Ask the person to raise both of their arms up together. Does one arm begin to fall down?
- Ask the person to squeeze your fingers with each hand; is one hand weaker than the other?
- If you ask the person to try to hold something like a pen, can they do it without any difficulty?

- Can the person feel you touch them on their arm? Lightly touch them on the skin of both arms, and ask them if the feeling is the same on each.

#### **4 See**

##### **Is their vision all or partly lost?**

- Ask the person about their vision. Do they normally wear glasses or contact lenses, or do they normally not use either of these? Ask the person to try to describe any changes in their vision.
- Is their vision clear?
- Is it blurry?
- Can they see everything in their field of vision?
- Does the person see everything or just part of the visual field?
- Does the person see double?

#### **5 Feel**

##### **Is their headache severe?**

- Do they have a headache? On a scale of 1-10, 10 being the worst, ask them to rate their headache.
- Do they normally have headaches? If so, is this headache any different from their usual headache?
- Does this feel like the worst headache of their life?
- Does light bother or hurt their eyes?
- Does a sound or loud noise make the headache worse?

### **Don't wait. Call 9-1-1!**

If you see one of these symptoms, even if it goes away, do not wait! Call 9-1-1 immediately; this person may be having a stroke.

## **What is a stroke?**

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it starts to die.

For more information on our Stroke Prevention Clinics or to schedule an appointment, call **1-866-UH4-CARE** (1-866-844-2273).

[UHhospitals.org/Stroke](http://UHhospitals.org/Stroke)