

# Recognize and React

## STROKE WARNING SIGNS

### **Weakness**

Sudden weakness, numbness or tingling in the face, arm or leg.

### **Trouble speaking**

Sudden temporary loss of speech or trouble understanding speech.

### **Vision problems**

Sudden loss of vision, particularly in one eye, or double vision.

### **Headache**

Sudden severe and unusual headache.

### **Dizziness**

Sudden loss of balance, especially with any of the above.

**Call 9-1-1  
or medical emergency  
number immediately.**



**HEART &  
STROKE  
FOUNDATION**

*Finding answers. For life.*

[www.heartandstroke.ca](http://www.heartandstroke.ca)