

## Signs of stroke may include one or more of the following:

- Numbness, weakness or paralysis of face, arm, leg on one or both sides of the body
- Difficulty speaking or understanding
- Dizziness, loss of balance or an unexplained fall
- Loss of vision, sudden blurred or decreased vision in one or both eyes
- Headache (usually severe and abrupt onset), unexplained change in headache pattern
- Difficulty swallowing

### National Stroke Foundation

Level 8/99 Queen St, Melbourne VIC 3000

[www.strokefoundation.com.au](http://www.strokefoundation.com.au)

**Freecall 1800 787 653**

**Stroke  
is always  
a medical  
emergency**

**CALL 000 IMMEDIATELY**



An important message brought to you by the  
National Stroke Foundation

## Stroke specific emergency care:

### What to do while you wait for an ambulance

- If the person is conscious, lay them down on their side with their head slightly raised and supported
- Don't give the person anything to eat or drink. Loosen any restrictive clothing that could cause breathing difficulties. If weakness is obvious in any limb, support it and avoid pulling on it when moving the person.
- If the person is not conscious, check their breathing and pulse and put them on their side. If their breathing or pulse has not resumed, start CPR (Cardiopulmonary Resuscitation mouth-to-mouth and chest compression 1:5 ratio) immediately.
- If there is an uncertainty as to how to perform CPR, the ambulance call taker will provide instructions over the phone.

### 10 Easy steps to remember for stroke emergency care

1. Check for danger (in the immediate surrounding area)
2. Stay with the person
3. Have someone call 000 for an ambulance
4. Do NOT give the person anything to eat or drink
5. Loosen any restrictive clothing
6. Put the person on their side
7. Remove any foreign material from the mouth
8. Check pulse and breathing
9. Perform CPR if not breathing or pulse is absent
10. Keep person warm, calm, cover with a blanket and reassure them help is on the way