

Safety Spotlight
Stroke Awareness
Emergency Preparedness
September 2016

*Be A
Stroke Hero!*

Stroke can happen to anyone, at any time, and at any age. Gear up with lifesaving information, not just for yourself, but also for your family, your friends, and others around you. Learn the signs of a stroke and the acronym FAST. Contact 9-1-1 immediately if you see any of these signs.



Facial droop,
uneven smile.

Arm numbness
or weakness.

Slurred speech,
difficulty speaking
or understanding.

Time is brain, get
help immediately.

September is recognized as National Preparedness Month which serves as a reminder that we all must take action to prepare now for the types of emergencies that could affect us. Emergencies can happen where we live, work, and the places we visit. Use this year's theme to prepare your family:

**Don't
Wait**

Communicate

**Make Your
Emergency Plan
Today**

Life and Property Preservation Through Public Education.

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