

KNOW THE SUDDEN SIGNS OF STROKE



B Off **B**alance or dizzy
E Vision (**E**ye) changes
F Face drooping
A Arm weak or numb
S Speech slurred
Time to call 9-1-1

T
S
A
F
E
B



KANSAS INITIATIVE
FOR STROKE SURVIVAL
INC

A Project By & For Kansans

www.kdhe.ks.gov
www.kissnetwork.us

High blood pressure can mean greater risk of stroke

HELP KANSAS BECOME STROKE SMART

TIPS FOR PROPER BLOOD PRESSURE MANAGEMENT

- Use the restroom. A full bladder can impact blood pressure.
- Sit quietly for 5 minutes prior to measuring blood pressure.
- Sit correctly in a chair with your feet flat on the floor and back supported.
- Measure at the same time daily.
- Know the numbers. Understand your readings. Normal blood pressure is considered below 120/80.
- Don't smoke, exercise, or consume caffeine or alcohol for at least 30 minutes before reading.
- Arm should be bare or covered with a thin shirt and should be supported at heart level.



MY BLOOD PRESSURE HISTORY

Consult your doctor if several readings are "high."

DATE	READING 1	READING 2	READING 3
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/