

K.I.S.S. Stroke Goodbye

Prevent. Treat. Beat.

The Kansas Initiative for Stroke Survival (KISS) is a non-profit organization dedicated to enhancing stroke care and outcomes across the region. The campaign, "KISS Stroke Goodbye: Prevent, Treat, Beat," empowers communities with lifesaving knowledge—helping people prevent stroke through healthy living and early recognition of symptoms, treat stroke quickly through coordinated emergency response, and beat stroke by supporting survivors with education and tools for recovery.



"I kept losing my balance and the next thing I knew, I was on the floor."

– Patricia Harris, Stroke Survivor



"I had the worst headache on Earth and my whole right side tingled."

– John Bridgewater, Stroke Survivor



"I noticed something with my vision and I can't move my right side."

– Ashlie St. Clair, Stroke Survivor



B.E. F.A.S.T.

B Off **B**alance or dizzy

E Vision (**E**ye) changes

F Face drooping

A Arm or leg weak or numb

S Speech slurred

T Terrible headache

Time to call 9-1-1

For stroke resources & support,
visit: www.kissnetwork.us/kiss-stroke-goodbye

