

# STROKE FAQ



## What is a stroke?

A stroke is a medical emergency that happens when the brain doesn't get the blood it needs. It is often called a "brain attack" and requires immediate medical attention.

## How can I tell if someone is having a stroke?

There are some telltale signs of a stroke. When you see them, don't wait! **Call 911 immediately.**

- Sudden facial drooping
- Loss of balance or confusion
- Slurred or altered speech
- Sudden severe headache
- Weakness in one arm or leg
- Sudden vision changes.

Strokes often don't hurt. So, even if a person doesn't feel any pain or the signs go away, they can still have a stroke. **Always call 911.**

## Who can have a stroke?

Strokes can happen to anyone at any time, not only to older people. In the Hmong community, we have strokes about eleven years younger than others. Everyone in the family needs to know the signs and be prepared to act fast.

## Do some people have a higher stroke risk?

Yes. Factors like high blood pressure, diabetes, high cholesterol, obesity, or being a smoker can be responsible for a higher stroke risk. Talk to a doctor about your personal health and lifestyle changes that can help prevent strokes.

## Who should I call when a stroke happens?

Always call 911 first! A stroke needs immediate medical attention. You can call your family after the ambulance is on the way to help.

## Is 911 safe to call?

Yes. 911 is a medical resource, not just for police. They are there to save lives and get you to the hospital safely.

If you don't speak English, just say Hmong and stay on the line to be connected to a free interpreter.

**STROKE**  **CALL 911**

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# COV LUS NUG UAS NQUAG NUG TXOG TUS MOB STROKE



## Mob stroke yog dab tsi?

Mob stroke yog ib tug mob uas tseem ceeb heev. Thaum mob stroke lawm mas tsis muaj ntshav ntwis mus yug lub hlwb lawm. Thaum no mas yuav tsum mus cuag kws kho mob tim tsev kho mob loj sai li sai tau.

## Ua li cas thiaj yuav paub hais tias ib tug neeg mob stroke?

Muaj cov cim mob txog tus mob stroke. Thaum koj pom cov cim mob no tsis txhob tos! **Hu 911 kias tam siv.**

- Ntsej muag nrwg kias tam siv
- Sawv tsis tus los sis tsis meej pem
- Kev hais lus tsis meej los sis pheej hloov lus hais
- Mob taub hau heev heev kias tam siv
- Ib sab caj npab los yog ib sab ceg tsis muaj zog
- Pom kev txawv txav los yog pom kev tsis tseeb

Feem ntau mob stroke tsis hnov mob. Yog li ntawv, txawm tias tus neeg tsis hnov mob li los sis cov cim mob stroke twb rov qab zoo lawm los tej zaum tseem mob stroke tau thiab mas yuav tsum hu 911 tam siv kom tau pab. Txhob tos ntev.

## Leej twg thiaj li yuav muaj tus mob stroke?

Leej twg los yeej mob stroke tau. Peb Hmoob zeg zog muaj mob stroke ntov tshaj li 11 xyos uaj ntej lwm haiv neeg. Txhua tus neeg yuav tsum kawm cov cim mob thiaj pab tau tus neeg mob sai sai.

## Qee cov neeg uas muaj lwm yam mob mas yim muaj mob stroke ntau dua cov tsis muaj cov mob raws li nram no.

Cov neeg mob ntshav siab, mob ntshav qab zib, haus luam yeeb los yog rog rog-cov mob no ua kom tus neeg tej zaum feem coob kuj muaj mob stroke thiab. Nrog koj tus kws kho mob tham es pauv yus tej yeeb yam kom noj qab hau huv es thiaj tsis tau tus mob stroke.

## Kuv yuav tsum hu rau leej twg thaum muaj mob stroke?

Hu rau 911 ua ntej xwb. Yuav tsum kho tus mob stroke no sai sai. Koj mam li hu rau koj tsev neeg tom qab thaum lub tsheb thauj neeg mob twb tuaj pab lawm.

## Puas yuav nyab xeeb yog hu rau 911?

Yog. 911 yog ib qho kev pab kho mob, tsis yog rau tub ceev xwm xwb. Lawm nyob ntawd los cawm txoj sia thiab koj mus rau tsev kho mob kom nyab xeeb.

Yog koj tsis txawj hais As Kiv no ces hais tias "Hmoob" no xwb ces tuav xov tooj twj ywm kom tau txuas rau tus neeg pes lus.

**MOB STROKE**  **HU RAU 911**

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Xoo mus yog xav kawm ntxiv  
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