

6 STROKE FACTS

Everyone must know



FACT #1

Stroke can happen anytime

A stroke, or “brain attack,” happens when a clot or rupture interrupts blood flow to the brain. This can happen at any time. **Don’t wait! Call 911!**

FACT #2

Anyone can have a stroke

Strokes don’t only happen to older people. In our community, we experience strokes about eleven years younger than others. But even children and teenagers can have a stroke.

FACT #3

Every minute counts

During a stroke, brain cells die quickly. The faster you call 911 to get professional medical help, the better the chances for recovery.

FACT #4

911 is the only way to help

When a stroke happens, don’t wait! Call 911 immediately. It’s safe and the only way to get medical help fast. If you don’t speak English, say “Hmong” and stay in the line to be connected to an interpreter. You can call your family once help is on the way.

FACT #5

Signs of 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.

FACT #6

Prevention is key

Some factors increase the risk of having a stroke. High blood pressure, diabetes, obesity, high cholesterol, or being a smoker are some of them. Talk to your doctor about ways that can help you or a family member prevent strokes.

STROKE  **CALL 911**

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stroke.org/hmong



6 YAM TXUAM THAWJ TSEEB TXOG TUS MOB STROKE

Txhua tus yuav tsum tau paub



QHOV TSEEB #1

Mob stroke tuaj yeem tshwm sim tau txhua lub sij hawm

"Mob stroke, los sis "Mob hlab ntsa hlwb txhaws," tshwm sim tau thaum cov hlab ntshav txhaws los sis hlab ntshav tawg uas ua rau ntshav mus tsis tau saum hlwb. Qhov no tuaj yeem tshwm sim tau txhua lub sij hawm. **Tsis txhob tos! Hu rau 911!**

QHOV TSEEB #2

Txhua tus neeg tuaj yeem muaj mob stroke tau

Mob stroke tsis yog tsuas tshwm sim rau cov neeg laus xwb. Hauv peb haiv Hmoob mas peb cov neeg muaj mob stroke ntov dua lwm haiv neeg khws li 11 xyoo ua ntej lwm haiv neeg. Tab txwm cov hluas los yog me nyuam yaus los kuj muaj mob stroke tau thiab.

QHOV TSEEB #3

Txhua feeb yeej muaj nuj nqis

Thaum mob stroke mas lub hlwb tuag sai heev. Koj yim hu 911 kom tau txais kev pab ntawm kws kho mob sai sai ces tej zaum yuav txawj zoo thiab.

QHOV TSEEB #4

911 yog tib txoj kev pab lawm xwb

Thaum muaj mob stroke, tsis txhob tos! Hu 911 kias tam siv. Yuav tsis muaj teeb meem dab tsi. Yog koj tsis txawj hais lu As Kiv no ces hais tias "Hmoob" no xwb ces tuav xov tooj twj ywm kom tau txuas rau tus neeg pes lus. Koj mam li hu koj tsev neeg tom qab.

QHOV TSEEB #5

Cov cim txog tus mob stroke

Muaj cov cim qhia txog tus mob stroke. Thaum koj pom cov cim mob no, tsis txhob tos! Hu 911 kias tam siv. Kawm kom paub cov cim mob cov cim mob no thiaj tiv thaiv rau koj tsev neeg.

- 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

QHOV TSEEB #6

Kev tiv thaiv yog qhov tseem ceeb

Yog koj muaj mob ntshav siab los mob ntsav qab zib, mob ntshav roj siab los yog rog rog los yog haus luam yeeb ces koj yuav yog ib tug neeg uas feem ntau tsaum muaj mob stroke thiab.

MOB STROKE  **HU RAU 911**

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Xoo mus yog xav kawm ntxiv
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