

VOICE NOTE SCRIPT



An easy way to spread stroke awareness

Do you want to share life-saving information about strokes with family, friends, and other community members? Use the script below and leave them a voice message.

What to say:

Hey [NAME],

I quickly wanted to share some information about stroke with you.

In our community, we get them about eleven years earlier than others. So, it's not something that only happens to our older folks. Even kids and teenagers can have a stroke.

It's important that we all know the signs and what to do when it happens. You can find information about how to spot a stroke and more at stroke.org/hmong.

But here's the most important thing you need to know: When you see a stroke, don't wait! Call 911 right away.

Thanks, [NAME]!

STROKE  **CALL 911**

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Scan the QR code to learn more
stroke.org/hmong



LUS CIM TSEG UA MUAB LUS CIM UA NTAWV



Txoj kev yuav qhia txog tus mob stroke zoo rau zej zog

Koj puas xav qhia tej ntaub ntawv es qhia txog kev cawm txoj sia thaum mob stroke rau tsev neeg, phooj ywg, thiab lwm tswv cuab hauv peb haiv Hmoob? Siv cov lus sau hauv qab no thiab xa tsab lus kaw tuaj mus rau lawv.

Hais Tias:

Nyob zoo (Npe],

Kuv xav qhia txog tus mob stroke rau koj me me. Hauv peb haiv Hmoob peb tau mob stroke ntxov tshaj lwm haiv neeg kws li 11 xyos ua ntej lwm haiv neeg. Yog li ntawv, nws tsis yog tej yam uas tshwm sim rau peb cov neeg laus xwb. Txawm tias cov me nyuam yaus thiab cov hluas los yeej muaj tus mob stroke tib yam.

Nws yog qhov tseem ceeb kom peb paub txhua yam cim mob rau tus mob stroke no thiab yuav tsum paub hais tia yuav ua li cas thaum pom cov cim mob no tshwm sim lawm. Yog hais tias koj xav kawm ntxiv ntawm tus mob stroke no ces mus ntawm stroke.org/hmong.

Qhov tseem ceeb tshaj plaws uas koj yuav tsum paub mas yog thaum koj pom muaj tus mob stroke, tsis txhob tos! Hu rau 911 kias tam siv.

Ua tsaug, [npe]!

MOB STROKE  **HU RAU 911**

Xoo mus yog xav kawm ntxiv
stroke.org/hmong

