

STROKE FAQS



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. That's why everyone 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 "Somali" and stay on the line to be connected to a free interpreter.

Should I give water or medicine to someone who has a stroke?

No. Do not give them anything to eat or drink. A stroke makes it hard to swallow, and they could choke.

DON'T WAIT  **CALL 911**

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



FAALIG SU'AALAHAA BADANAA LA ISWAYDIIYO



Waa maxay faalig?

Faaligu waa xaalad degdeg ah oo caafimaad taasoo dhacda marki maskaxdu aysan helin dhiigga ay u baahan tahay. Waxaa badanaa loogu yeeraa "weerar maskax" waxayna u baahan tahay daryeel caafimaad oo degdeg ah.

Sideen ku sheegi karaa in qof uu qabo faalig?

Waxaa jira xoogaa calaamado cad oo uu leeyahay faaliga. Marki aad aragto, ha sugin! **Wac 911** isla markiiba.

- Baraliska degdegga ah ee wejiga
- Luminta isu-dheellitirnaanta ama jahwareer
- Tartarka ama isbeddelka hadalka
- Madax xanuun degdeg ah
- Tabar-darrida hal gacan ama hal lug
- Isbeddelka degdegga ah ee aragga

Faaligu badanaa wax ma waxyeelleeyo. Marka, xitaa haddii qofka uusan dareemaynin wax xanuun ah ama calaamadaha ay baaba'aan, wuxuu weli qabi karaa faalig. **Had iyo jeer wac 911.**

Yaa uu ku dhici karaa faalig?

Faaligu waxa uu ku dhici karaa qofkasta wakhti kasta, kaliya kuma dhaco dadka da'da ah. Taasi waa sababta qofkasta uu u baahan yahay inuu ogaado calaamadaha uuna diyaar u ahaado inuu degdeg uga falceliyo.

Dadka qaar miyay khatar wayn ugu jiraan faalig?

Haa. Arrimaha sida cadaadiska dhiigga oo badan, sonkorowga, kolestaroolka oo badan, cayilka, ama sigaar dhuuqista waxay masuul ka noqon karaan in khatar wayn loogu jiro faalig. Dhakhtar kala hadal caafimaadka shakhsiyeed iyo isbeddelada qaab-nololeedka ee ka hortagi kara faaliga.

Yaan wacaa marka faalig uu dhaco?

Had iyo jeer wac 911! Faalig waxa uu u baahan yahay daryeel caafimaad oo degdeg ah. Waxaad wici kartaa qoyskaaga kadib marka ambalaasta ay ku soo jirto wadada si ay kuu caawiyaan.

Ma ammaan baa in la waco 911?

Haa. 911 waa kheyraad caafimaad, kaliya ma ahan boolis un. Waxay heegan u yihiin inay badbaadiyaan nolosha oo ay isbitaalka kugu geeyaan si badbaado ah. Haddii aadan ku hadlin Ingiriisi, kaliya dheh "Soomaali" kuna sii jir khadka si laguugu xiro turjubaan bilaash ah.

Miyaan siiyaa biyo ama daawo qof qaba faalig?

Maya. Ha siin wax la cuno ama la cabbo. Faaliga wuxuu adkeeyaa in wax la laqo wayna ku margan karaan.

HA SUGIN  **WAC 911**

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aad waxbadan uga ogaato
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