

8 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. Everyone in your community can have a stroke at any time, men, women, even children and teenagers.

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 “Somali” 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

No food or water

While you are waiting for the ambulance to arrive, do not give the person anything to eat or drink.

FACT #7

It’s a family issue

Everyone can have a stroke. That’s why it’s important to know the signs and be prepared to act fast when a stroke occurs. It’s the best way to protect yourself, your parents, siblings, children, aunts, and uncles.

FACT #8

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.

DON’T WAIT  **CALL 911**

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8 XAQIIQO OO KU SAABSAN FAALIGA

Qofkasta waa inuu ogaado



XAQIIQDA #1

Faaliga wuxuu dhici karaa wakhti kasta

Faalig, ama “weerarka maskaxda,” wuxuu dhacaa marki xinjir ama dillaac ay soo dhexgalaan dhiigga u qulqulaya maskaxda. Tani waxay dhici kartaa wakhti kasta. Ha sugin! Wac 911!

XAQIIQDA #2

Qofkasta waxaa ku dhici karo faalig

Faaliga kaliya kuma dhaco dadka waawayn. Qofkasta oo bulshadaada ka mid ah waxaa ku dhici kara faalig wakhti kasta, ragga, dumarka, xitaa carruurta iyo dhalinyarada.

XAQIIQDA #3

Daqiiqad kasta waa muhiim

Inta lagu jiro faaliga, unugyada maskaxdu waxay u dhintaan si degdeg ah. Markasta oo aad si degdeg ah u wacdo 911 si aad u hesho caawimo caafimaad oo xirfadeed, way ka sii fiicnaan doonaan fursadaha soo kabashada.

XAQIIQDA #4

911 waa habka kaliya ee lagu helo caawimo

Marka faalig uu dhaco, ha sugin! Wac 911 isla markiiba. Waa mid badbaado ah waana dariiqa kaliya ee lagu helo caawimo caafimaad oo degdeg ah. Haddii aadan ku hadlin Ingiriisi, dheh “Soomaali” kuna sii jir khadka si laguugu xiro turjubaan. Waxaad wici kartaa qoyskaaga marki caawimadu ay wadada ku soo jirto.

XAQIIQDA #5

Calaamadaha faaliga

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

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

XAQIIQDA #6

Maya cunto ama biyo

Inta aad sugayso ambalaasta inay kuu timaado, qofka ha siin wax la cuno ama la cabbo.

XAQIIQDA #7

Waa arrin qoys

Qofkasta waa uu ku dhici karaa faalig. Taasi waa sababta ay muhiim u tahay in la ogaado calaamdaha loona diyaarsanaado in loo tallaabo qaado si degdeg ah marka faalig uu dhaco. Waa sida ugu wanaagsan ee lagu ilaaliyo naftaada, waalidiintaada, walaalahaaga, carruurta, eedayaasha/habaryaraha, iyo adeerada/abtiyaasha.

XAQIIQDA #8

Kahortagu waa muhiim

Arrimaha qaarkood waxay sare u qaadaan khatarta inuu kugu dhaco faalig. Cadaadiska dhiigga oo sarreeya, sonkorowga, cayilka, kolestaroolka oo badan, ama sigaar cabbista ayaa ah qaar ka mid ah. Dhakhtarkaaga kala hadal siyaabaha ka caawin kara adiga ama xubin qoyska ah kahortagga faaliga.

HA SUGIN  **WAC 911**

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Iskaangaree sawirka iskaanka si aad waxbadan uga ogaato
stroke.org/somali

