

SEND A VOICE MESSAGE

An easy way to spread stroke awareness



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.

What to say:

Hey [NAME],

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

Strokes can happen to anyone and at any time. 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/somali.

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]!

DON'T WAIT  **CALL 911**

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





DIR COD FARRIIN DIR

Si fudud oo lagu faafiyo ka warqabka faaliga

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.

Waxa la dhaho:

Waran [MAGACA],

Waxaan rabay inaan si degdeg ah kuula wadaago xoogaa macluumaad ah oo ku saabsan faaliga.

Faaligu wuxuu ku dhici karaa qofkasta iyo wakhti kasta. Waxaa muhiim ah inaan dhammaanteen garanayno calaamadaha iyo waxa la sameeyo marka uu dhaco. Waxaad ka heli kartaa xog ku saabsan sida lagu garto faalig iyo waxyaabo kale barta stroke.org/somali.

Balse waa tan waxa ugu muhiimsan ee ay tahay inaad ogaato: Marki aad aragto faalig, ha sugin! Wac 911 isla markaaba.

Mahadsanid, [MAGACA]!

HA SUGIN  **WAC 911**

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

