

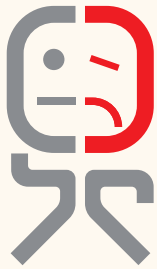


Stroke Services Improvement

Supported by the Ministry of Health

STEP AHEAD OF STROKE.

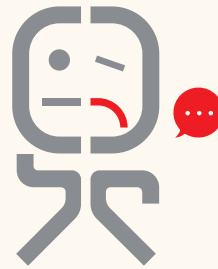
THINK **F.A.S.T.** TO SPOT STROKE.



Face drooping



Arm weakness



Speech difficulty



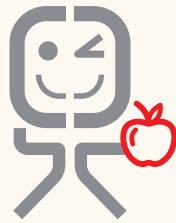
Time to call 995

CALL **995** WHEN YOU SPOT ANY SYMPTOMS OF STROKE.

BE **S.M.A.R.T.** TO PREVENT STROKE.



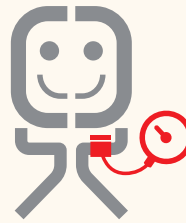
Smoke-free living



Meals that are healthy



Active lifestyle



Regular health screening



Take prescribed medications

LEAD A HEALTHY LIFESTYLE.

EVERY CHOICE

A STEP AHEAD OF STROKE.

Most strokes can be prevented. Stay a step ahead of stroke by living a **s** smoke-free life, eating healthy **m** meals, staying **a**ctive, going for **r**egular health screening and **t**aking prescribed medications.

BE
STROKE
SMART