



Stroke Services Improvement

Supported by the Ministry of Health

STEP AHEAD OF STROKE. 尽早预防，远离中风。

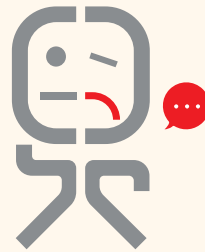
THINK **F.A.S.T.** TO SPOT STROKE.
辨识中风要 **F.A.S.T.**



Face drooping
面部下垂



Arm weakness
手臂无力



Speech difficulty
发音困难



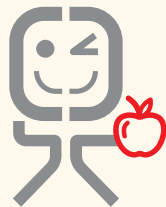
Time to call 995
立即拨打995

CALL **995** WHEN YOU SPOT ANY SYMPTOMS OF STROKE.
一旦发现任何中风症状立即拨打 **995**。

BE **S.M.A.R.T.** TO PREVENT STROKE.
预防中风要 **S.M.A.R.T.**



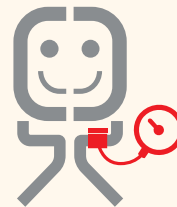
Smoke-free living
不抽烟



Meals that are healthy
健康饮食



Active lifestyle
保持活跃



Regular health screening
定期体检



Take prescribed medications
按处方服药

LEAD A HEALTHY LIFESTYLE.
保持健康的生活方式。

EVERY CHOICE
谨慎选择

A STEP AHEAD OF STROKE.
远离中风。

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

大多数中风是可以预防的。远离中风可尽早采取健康的生活方式包括：不抽烟、健康饮食、保持活跃、定期体检和按处方服药。

BE
STROKE
SMART