

COMMON HEALTH SITUATIONS, do you know how to respond?

SIGNS OF POSSIBLE STROKE:

- Sudden **numbness** or weakness in the face, arm, or leg, especially on one side of the body
- Sudden **confusion**, trouble speaking, or difficulty understanding speech
- Sudden **trouble seeing** in one or both eyes
- Sudden **trouble walking**, dizziness, loss of balance, or lack of coordination
- Sudden **severe headache** with no known cause

What you should do if you suspect someone is having a stroke ↓↓↓

act F.A.S.T.

F-Face...ask them to smile. Does 1 side of face droop?

A-Arms...ask them to raise both arms. Does 1 drift downward?

S-Speech...ask them to repeat a simple phrase. Slurred speech?

T-Time...if you see ANY of these signs **call 911 immediately!**

IS YOUR DIABETES CONTROLLED?

*SIGNS your glucose levels are **TOO HIGH:**

- Increased thirst
- Blurred vision
- Difficulty concentrating
- Frequent urination
- Fatigue

*Have you taken your medicine today?
Increase your water intake, watch your carbs and sugars, speak to your doctor.

*SIGNS your glucose levels are **TOO LOW:**

- Dizziness/Confusion
- Heart racing, pounding
- Sweating
- Weakness
- Shakiness
- Headache/Nausea

*When did you eat last? Check your sugar, sip on juice, eat a piece of hard candy or glucose tablet. Recheck sugar in 15 minutes. Consult your physician if levels remain unchanged or continue to decrease

ARE YOU DEHYDRATED?

- Confusion
- Low blood pressure
- Low urine output/dark urine
- Heart racing
- Constipation
- Extreme fatigue/weakness

- ✓ Be sure you're drinking plenty of water every day
- ✓ Eat foods that have high water content (fruits, vegetables, soups)
- ✓ Consult your physician if you/loved one becomes disoriented, consider going to the emergency room