



May 6, 2020

Dear Friends –

Capital Health and the American Heart Association are thinking about you during this challenging time. We hope you are taking all precautions to keep yourself, loved ones and coworkers safe.

Since the beginning of the COVID-19 pandemic, the American Heart Association has closely followed the guidance from the CDC. Our top priority is the health and well-being of all individuals and their families today and in the future, in every community, everywhere – including you. This virus is impacting everyone regardless of race, religion, age and gender. Tragically, early data show that 40 percent of people hospitalized with COVID-19 had a stroke or heart disease.

May is American Stroke Month and National High Blood Pressure Education Month. Capital Health and the American Heart Association | American Stroke Association are here to offer help by providing FREE content, messages and resources related to brain health (e.g., stress, resilience, mental health/mindfulness) as well as education and prevention resources for stroke and high blood pressure.

Be a Stroke – Blood Pressure Champion, even in a virtual, stay-at-home setting. Encourage your audience members to have their blood pressure checked – safely, when the time is right – and know and share the F.A.S.T. warning signs of stroke. Share the brain health, stroke and blood pressure resources with your audiences.

Capital Health and the American Heart Association | American Stroke Association are committed to empowering you, your loved ones and coworkers to reduce high blood pressure and prevent stroke through knowledge, action and hope. During May, please take these steps:

- ✓ Share the information and educational resources with employees/students/family/others
- ✓ Encourage your audience members to learn and know their blood pressure numbers
- ✓ Inspire people to become Stroke Champions by knowing and sharing F.A.S.T.

Working together, we can help each other during this challenging time and do something about high blood pressure and stroke. With your help and support, and by using and sharing the information in this FREE resource BLOG, together we can save many *more* lives from stroke, as well as control and reduce high blood pressure.

Thank you for your commitment to brain health, stroke and blood pressure awareness and education. Should you have questions or require additional information, please contact the American Stroke Association New Jersey State office by calling (609) 223-3740.

Sincerely,

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Senior Vice President, Hospital Administration
Capital Health