



F.A.S.T.

Face Drooping	Arm Weakness	Speech Difficulty	Time to Call 911
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April 23, 2021

Dear Friends ...

We are thinking about you during this challenging time. We hope that you are taking all precautions to keep yourself, loved ones and coworkers safe and healthy.

Since the beginning of the COVID-19 outbreak, the top priority of the American Heart Association 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, data show that 75% of people hospitalized with COVID-19 had a high-risk condition such as stroke, high blood pressure, diabetes or heart disease, among others.

Even in these uncertain times, the work of the American Heart Association continues. Millions of people are counting on us for science-based information, health resources, community programs and patient support. We are here to help.

Mother's Day is in May. Did you know that 1 in 5 women will have a stroke? Women, and especially Black and Latina women, have unique risks for high blood pressure, a leading cause of stroke. This May, American Stroke Month and National High Blood Pressure Education Month, give yourself or the women in your life one less thing to worry about. Visit [GoRedForWomen.org/risk](https://www.GoRedForWomen.org/risk).

We are here to offer help by providing FREE content, messages and resources related to brain health 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. We 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) 223-3726.

Sincerely,

American Heart Association | American Stroke Association
New Jersey State Office

American Heart Association | American Stroke Association, New Jersey State Office,
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