



**American
Stroke
Association.**
A division of the
American Heart Association.



Take Action To **Reduce Blood Pressure, End Stroke!**

#1 ... COMMIT. SHARE. POST. Brain health is more important than ever during this challenging time. Hypertension-related absenteeism costs employers \$10.3 billion per year. Stroke is America's No. 1 debilitating disease. There is a wealth of FREE materials, resources, guidelines, tips and more related to brain health, high blood pressure and stroke in this FREE resource BLOG, as well as via www.Stroke.org. Please actively share these resources with your audiences or post them to an accessible site.

#2 ... #CHECKIT! Know Your Numbers. High blood pressure (HBP) is often the first "domino" in the chain leading to devastating health consequences—heart failure, kidney disease, AND stroke, among others. Barely half of the 86 million Americans with HBP have it under control; nearly 16% don't even know that they have it!

Know Your Numbers: **130 Is Too High!! #CheckIt.** Encourage your employees, members, and other audience members to get their blood pressure checked – **when it is safe and the appropriate time** – to know where they stand. For now, practice social distancing.

#3 ... Learn and Share F.A.S.T. Prevent a second stroke. Prevent a first stroke. Being able to recognize a stroke quickly is vital to getting the right treatment in the right amount of time. **Know F.A.S.T.!** Learn the warning signs of stroke by remembering the simple acronym F.A.S.T.—**F**ace Drooping, **A**rm Weakness, **S**peech Difficulty and **T**ime to call 9-1-1. **Share F.A.S.T.!** 66% of strokes are called in by others. Share F.A.S.T. with your employees, students, associates, friends, family. Talk about it at the dinner table, around the water cooler, and on social media. **Tag it #LifelsWhyNJ.**

#4 ... Share BRAIN HEALTH Resources. We are all experiencing a very unusual and stressful time in our lives. Take advantage of the accompanying brain health resources and share them with your audiences. You will find information covering stress, sleep health, resilience, meditation, mindfulness, and more.

#5 ... Be SOCIAL! Have FUN, Learn MORE, ASK US. Make **VIRTUAL** sharing or blood pressure and stroke education and **VIRTUAL** activities FUN, creative and engaging. Learn more about some of the FREE programs, initiatives and resources in this free resource BLOG. Ask us questions and access more tools and resources at ... www.Heart.org/HBP and www.Stroke.org/StrokeMonth.

Questions? Additional Information? Please call the American Heart Association | American Stroke Association New Jersey State office at ... **(609) 208-0020.**

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