



## CLASS 17 | STROKE AWARENESS WORKSHEET

### “Is it a Stroke?” Worksheet

#### Simple 3-Step Stroke Test

**DIRECTIONS:** *It is not always obvious when someone is having a stroke. Yet time is of the essence when it comes to stroke, as immediate medical treatment can make a critical difference in reducing the impact of the stroke and avoiding death.*

*This simple 3-step stroke test has been shown to be 97% effective in correctly identifying when someone is experiencing a stroke. Review these steps as a group, and take this handout home as a reminder of the steps. Knowing the 3-Step Stroke Test could help you make a real difference in the life of someone suffering from a stroke attack.*

#### **3-STEP STROKE TEST**

If you suspect someone is having a stroke, ask him or her to do the following:

1. **SMILE.** Ask the person to smile, a large smile where they show you his or her teeth. A lopsided or drooping smile is a sign of stroke.
2. **RAISE BOTH ARMS.** Have the person close his or her eyes and lift both arms above the head. Look for asymmetry in the height of his or her hands. A stroke victim will often be unable to lift both hands to the same height.
3. **REPEAT A SIMPLE SENTENCE.** Ask the person to repeat a simple sentence. A sample sentence would be, “The buildings in New York are tall” or “You can’t teach an old dog new tricks”. Listen for slurring or other speech irregularities. Someone suffering from a stroke will often slur his or her words.