



# Stroke Ambassador Cheat Sheet

Now you're a **Stroke Ambassador** how many people can you get to complete the Stroke quiz? Remember you'll get a point for every quiz you complete so go ahead and get your friends, family, neighbours to participate:

Go to: [www.strikeoutstroke.com.au/](http://www.strikeoutstroke.com.au/) and complete the quiz under the "S.O.S. QUIZ"!!!

1. The stroke effects the brain
2. B.E. F.A.S.T stands for Balance Eyes Face Arms Speech Time
3. 1 in 6 people worldwide will have a stroke in their lifetime
4. Strokes can occur in all ages
5. Regular blood pressure tests, healthy food choices and regular exercise can reduce the risk of having a stroke
6. If you think someone is having a stroke B.E. F.A.S.T and call an ambulance (dial 000)
7. Facial droop is a symptom of stroke
8. A person may be unable to raise their arm after having a stroke
9. A person may have slurred speech after having a stroke
10. A person may have loss of balance, blurred vision, decreased strength of a limb if they've experienced a stroke

You now have the power as a Stroke Ambassador for Strike Out Stroke to spread the word about the signs and symptoms of stroke and raise awareness throughout our community.

Congratulations for being a Stroke Ambassador!