



4woman.gov

800-994-WOMAN (9662)

888-220-5446 (TDD)

The National Women's Health Information Center

A project of the U.S. Department of Health and Human Services, Office on Women's Health



Know the Warning Signs of a Stroke

Not everyone gets all of these warning signs. Sometimes, these signs can go away and return.

- Sudden numbness or weakness of face, arm, or leg, especially on one side of the body.
- Sudden confusion, or trouble speaking or understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, or loss of balance or coordination.
- Sudden severe headache with no known cause.
- Blurred or double vision, drowsiness, and nausea or vomiting.

Every minute counts, even if the symptoms seem to disappear! Treatments are most effective if given within one hour of when the stroke begins. **If you have these signs, call 911 right away!**

Know the Warning Signs of a Mini-Stroke (TIA)

A transient ischemic attack (TIA) is like a mini-stroke. A TIA will give you the same symptoms of a regular stroke, but the symptoms last only a few minutes. Treat a TIA the same way as a regular stroke.