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## DOH-Hernando Observes National Stroke Awareness Month



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**Hernando County, Fla.**— The Florida Department of Health in Hernando County (DOH-Hernando) recognizes National Stroke Awareness Month, an observance that highlights the importance of knowing the risk factors and symptoms of stroke.

Nationally, [stroke](#) is a leading cause of death. Recognizing a stroke quickly can be lifesaving, as fast treatment can lessen the brain damage that can occur. Quick treatment increases the chance for survival.

### Spot a Stroke F.A.S.T. and Call 9-1-1

- **Face** – If one side of the face droops, it's a sign of a possible stroke.
- **Arms** – If the person cannot raise both arms out, it's another possible stroke sign.
- **Speech** – Slurring words and poor understanding of simple sentences can also serve as a stroke sign.
- **Time** – If you see any of these signs, it's time to call 9-1-1 immediately.

Stroke risk factors include high blood pressure, excessive alcohol use, not being physically active, diabetes, high cholesterol, smoking, and heart disease.

### Tips to Lower Risk

- Consuming a healthy diet
- Maintaining a healthy weight
- Being physically active and exercising regularly
- Not smoking
- Limiting alcohol consumption

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