





WARNING SIGNS OF STROKE FOR THOSE WITH AFIB

Act **FAST** and call **9-1-1 IMMEDIATELY** at any sign of a stroke. Stroke is an emergency!
Use **FAST** to remember warning signs of stroke:

F	FACE: Ask the person to smile. Does one side of the face droop?	→ 
A	ARMS: Ask the person to raise both arms. Does one arm drift downward?	→ 
S	SPEECH: Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?	→ 
T	TIME: If you observe any of these signs, call 9-1-1 immediately.	→ 

NOTE THE TIME WHEN ANY SYMPTOMS FIRST APPEAR. You may be eligible to receive the FDA approved treatment for ischemic stroke, intravenous tPA, if you get to the hospital within 3 to 4.5 hours.

LEARN ABOUT MORE SIGNS OF STROKE AT WWW.STROKE.ORG/SYMP

Monitor Your Stroke Risk Because you have atrial fibrillation (AFib), your risk of stroke is increased by at least five times. Bring this card with you to each healthcare appointment. Mark the appointment date and fill out the notes portion with your healthcare professional to manage your risk of stroke.

	Date	Notes	Date	Notes
Blood Pressure				
Atrial Fibrillation				
Smoking				
Cholesterol				
Diabetes				
Exercise				
Diet				
Stroke in Family				

Source: National Stroke Association
www.stroke.org/afib-stroke

MY MEDICATIONS

Medication Name

Dosage

Medication Name	Dosage

MY HEALTHCARE TEAM

Name

Phone Number

Name	Phone Number

Questions for my next visit
