

What to do in case of stroke

Stroke is a life-threatening condition that happens when part of the brain doesn't get enough blood flow. This commonly happens because of a blocked artery or bleeding in the brain. Knowing symptoms is crucial for timely intervention.

Signs and symptoms of stroke include:

- **Sudden numbness or weakness:** One side of the face, arm, or leg suddenly becomes numb or weak which is a hallmark sign of a stroke.
- **Confusion, trouble speaking,** or understanding speech can manifest as slurred speech or the inability to form coherent sentences.
- **Trouble walking or loss of balance:** A sudden onset of dizziness, lack of coordination, or difficulty walking may result in stumbling or falling.
- **Problems seeing in one or both eyes:** blurred or blackened vision in one or both eyes or may see double.

During a stroke, every minute counts. Here are additional steps you can take:

- **Stay Calm:** Try to keep the person calm and reassure them. Avoid giving them food, drink, or medication unless advised by medical professionals.
- **Note the time:** It is essential to know when the symptoms first appeared, as this information helps healthcare providers determine the best course of treatment.
- **Do not wait to see if symptoms improve:** Take immediate action. Even if symptoms seem to improve, it is crucial to seek a professional medical evaluation.
- **Avoid delay by waiting for an ambulance:** drive the person to the nearest hospital. Emergency medical services can provide prompt and appropriate care.

Unlike heart attacks where individuals might take aspirin, **there is no immediate home treatment for strokes. Stroke treatment often involves medications administered by healthcare professionals** or, in some cases, surgical interventions. The primary goal is to restore blood flow to the brain as quickly as possible.

To know more:

- [Emergency Contact Numbers](#)

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