

A stroke is where the blood supply to a part of the brain is interrupted. The main causes of strokes are ruptured blood vessel, damage to the brain, or blockages to a blood vessel occurring in or around the brain.

**Strokes can occur in young people as well as well as the elderly.**

## Signs and Symptoms may include:

- Confusion
- Severe headache
- Facial weakness with difficulty in swallowing.
- Unequal pupils may be possible.
- Casualty may be unconscious.
- Loss of movement, feeling or control of one side of the body.
- Slurred or garbled speech
- Epileptic seizures may occur.
- Pulse may be strong.

**If you suspect someone may be having a stroke, do this simple test:**

**S** Smile. Ask the person to smile. Does one side of the mouth droop?

**T** Talk. Talk to the person. Is their speech slurred?

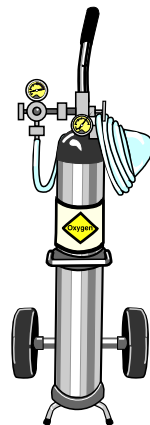
**A** Ask them easy questions. i.e. What is the date? Where are you?

**R** Raise. Ask the person to raise their arms. Is one arm lower than the other.

## Treatment:

Follow the [Basic First Aid Plan](#) to assess the casualty.

- ✓ **Call for an Ambulance.**
- ✓ Make the casualty comfortable.
- ✓ If unconscious, place the casualty in the lateral position, with the affected side down to allow any saliva to drain from the mouth.
- ✓ If conscious, lean the casualty towards the affected side.
- ✓ Raise the head and shoulders slightly.
- ✓ The casualty will benefit from oxygen therapy.
- ✓ Reassure the casualty. Do not panic.
- ✓ As you move the casualty, watch how you handle the affected limbs as they can be dislocated or the muscles damaged.



**If an Ambulance is required - call immediately - do not delay**

**H & A Training PL RTO No:90871**