

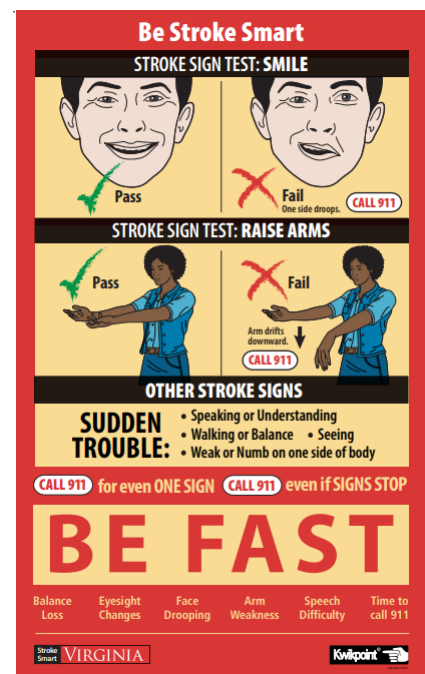


How to Teach Others to be Stroke Smart

Here are some strategies to teach others about Stroke Smart. Teaching others multiplies the power of stroke smart and makes your community safer.

You can change these steps based on how much time you have.

- Tell others: “You can be a hero. You can spot a stroke, call 9-1-1 and help save a life.”
- Ask: Do you know somebody who has had a stroke?
What do you know about strokes?
- Look at the Stroke Smart poster / magnet / card together....
 - Review the BEFAST acronym and signs.
 - Emphasize the importance of calling 9-1-1.
 - Explain there is treatment available.
- If time allows:
 - Show the short video. It is on the Stroke Smart Virginia website:
<https://www.vdh.virginia.gov/stroke/stroke-smart-virginia/>.
 - Share the Stroke Smart Virginia website.
 - Encourage them to share information with others.



Get Free Stroke Smart Materials: Most items available in English and Spanish

- Order free posters, magnets, wallet cards, yard signs. [LINK:](https://redcap.vdh.virginia.gov/redcap/surveys/?s=MTWL8RRH9X7YARAF)
<https://redcap.vdh.virginia.gov/redcap/surveys/?s=MTWL8RRH9X7YARAF>
- Download videos, posters, patient handouts and champion pledge forms. [LINK:](https://www.vdh.virginia.gov/stroke/stroke-smart-resources/)
<https://www.vdh.virginia.gov/stroke/stroke-smart-resources/>