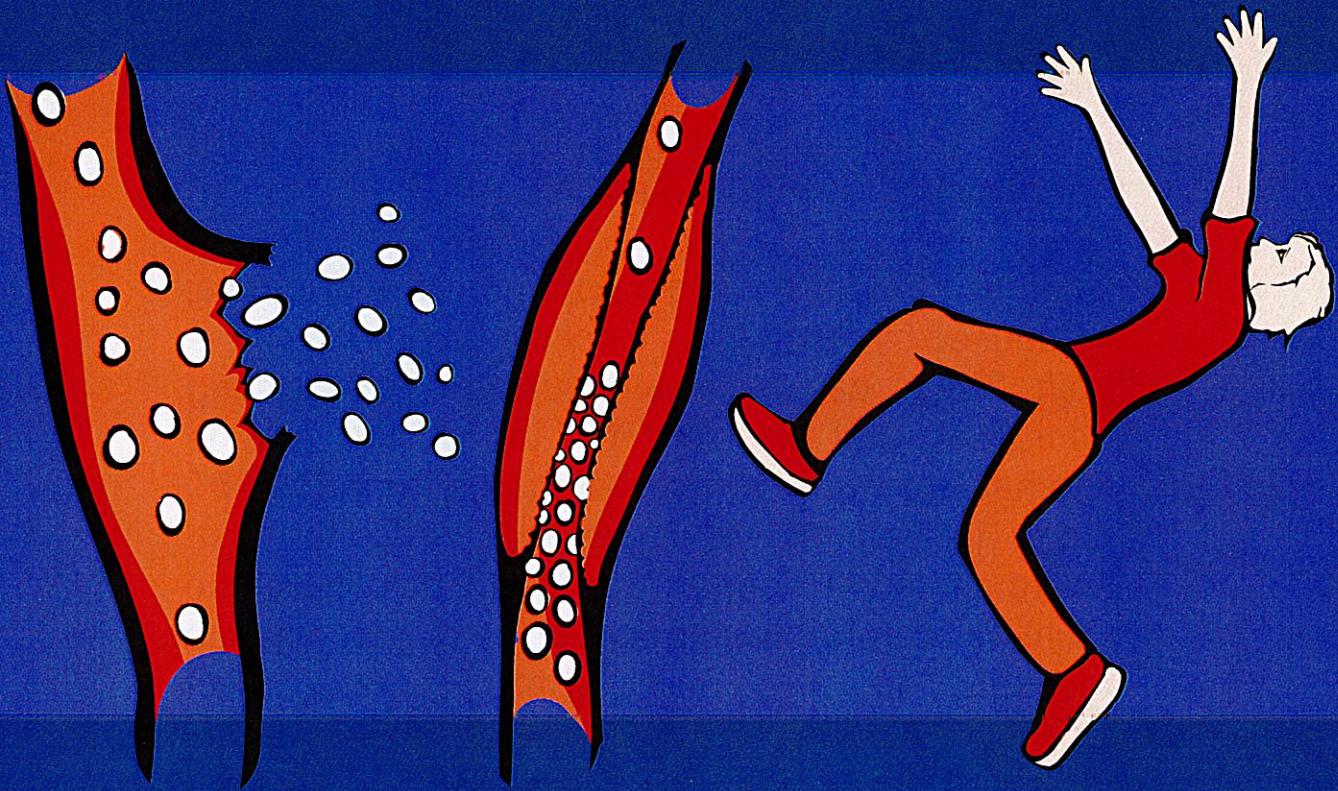


# BE FAST AND SPOT A STROKE!



## ACTIVITY BOOK

3<sup>RD</sup>-6<sup>TH</sup>

**UAMS** | Institute for Digital  
Health & Innovation

Stroke Program

# A NOTE FOR THE ADULTS:

## WHAT IS THE UAMS INSTITUTE FOR DIGITAL HEALTH & INNOVATION STROKE PROGRAM?

The University of Arkansas for Medical Sciences (UAMS) Institute for Digital Health & Innovation (IDHI) Stroke Program uses live, two-way video calls to connect emergency room doctors to specially trained stroke doctors all day, every day. This makes sure that people having a stroke get the life-saving treatment they need fast! This program is available in most hospitals around Arkansas!

Ischemic strokes, the most common type of stroke, are caused by blood clots blocking blood flow in the brain. These can be treated using a clot-busting medication that dissolves the blood clot. Anyone who has any of the stroke symptoms from BE FAST needs to call 911 and get to a hospital fast. Treatment must happen quickly to help save the brain! To learn more and see a list of participating hospitals in the Telestroke Program, visit <https://idhi.uams.edu/stroke-program>

*Is it a Stroke?* **CALL 911!**

# BE FAST



**BALANCE**   **EYESIGHT**   **FACE**   **ARM**   **SPEECH**   **TIME**  
difficulties   changes   weakness   weakness   difficulties   call 911

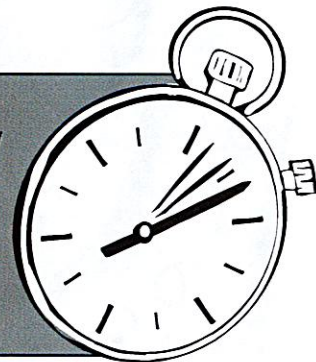
**UAMS** | Institute for Digital Health & Innovation

Stroke Program

Is it a **STROKE?**

**CALL 911!**

Stroke is an **Emergency**  
Every Second Counts!



*Is it a Stroke?* **CALL 911!**

**BEFAST**



**BALANCE**  
difficulties



**EYESIGHT**  
changes



**FACE**  
weakness



**ARM**  
weakness

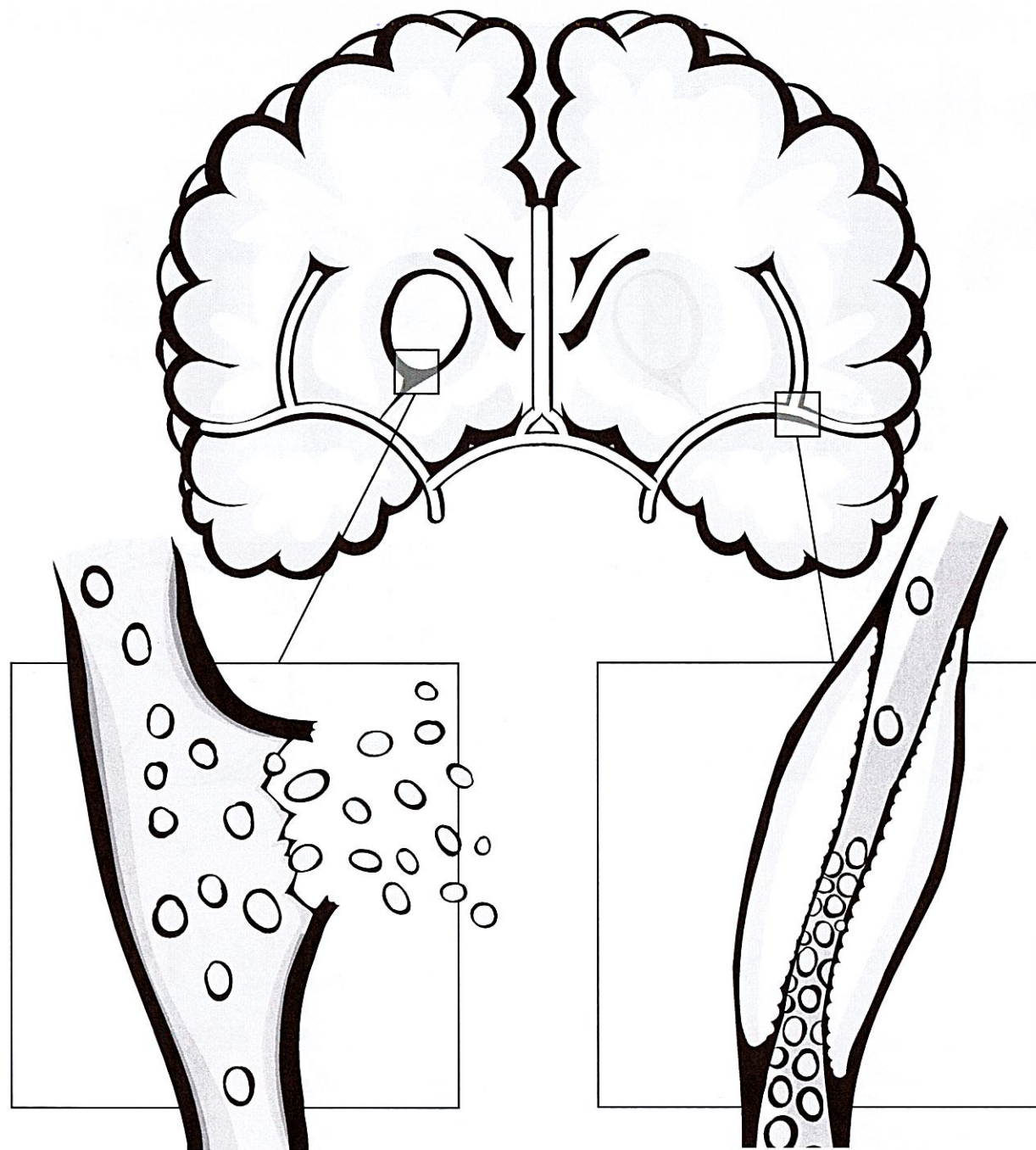


**SPEECH**  
difficulties



**TIME**  
call **911**

# WHAT IS A STROKE?



BURST VESSEL

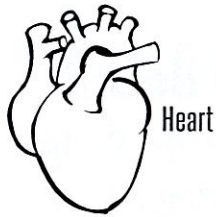
BLOCKAGE

# A BRAIN ATTACK!

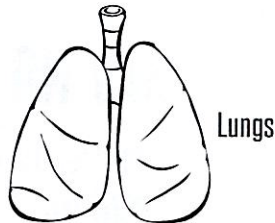
A **Stroke** occurs when **blood flow** to the brain is **blocked** or a **blood vessel bursts!**

# POP QUIZ! COLOR ALL CORRECT ANSWERS

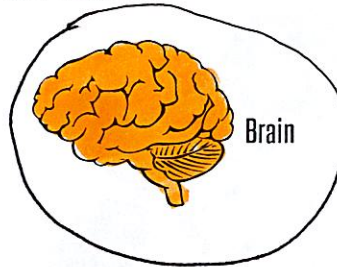
1. IN WHAT PART OF THE BODY DOES A STROKE OCCUR?



Heart



Lungs

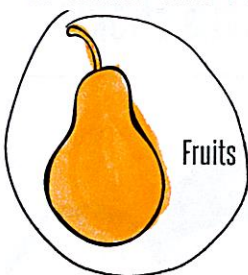


Brain

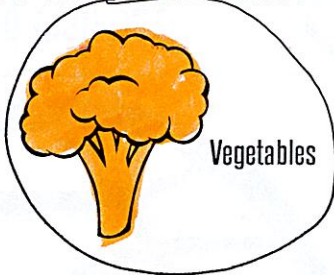


Kidneys

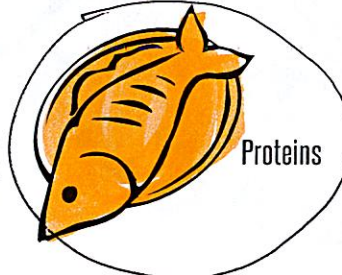
2. WHAT CAN YOU EAT TO STAY HEALTHY?



Fruits



Vegetables



Proteins

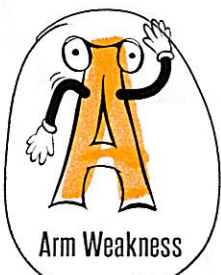


Candy Bar

3. AT WHAT AGE CAN A STROKE OCCUR?



4. WHICH OF THESE ARE SYMPTOMS OF A STROKE?



Arm Weakness



Face Weakness



Balance Difficulties

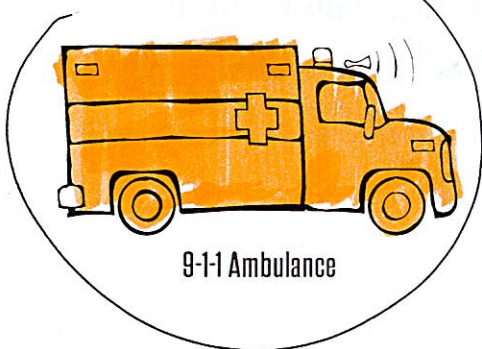


Speech Difficulties



Eyesight Changes

5. WHO DO YOU CALL IF YOU THINK SOMEONE IS HAVING A STROKE?



9-11 Ambulance



Pizza Delivery



Ice Cream Truck



Mom

# HOW TO PREVENT A STROKE



## SAY NO TO DRUGS

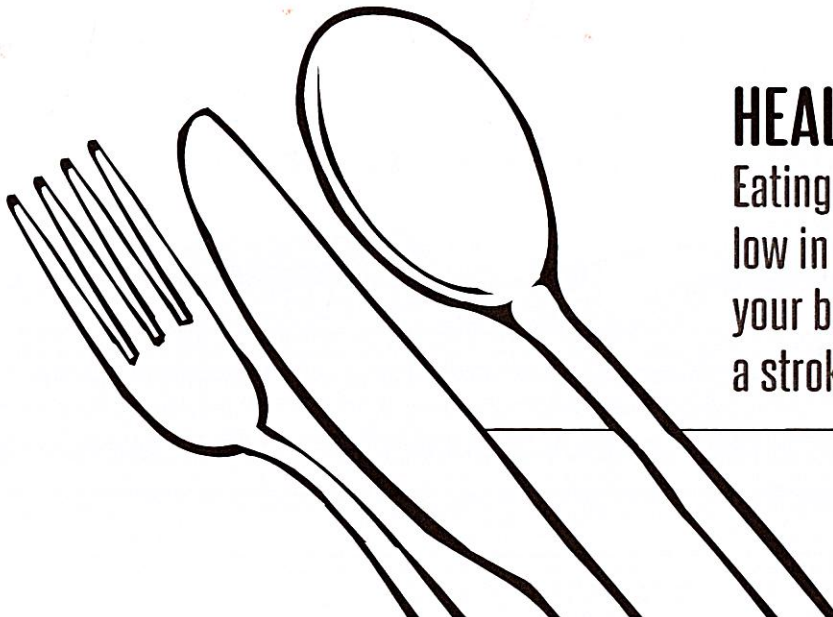
Saying no to illegal drugs, smoking and alcohol can keep your brain healthy and help prevent a stroke!

---

## EXERCISE

Exercising 150 minutes every week will also keep your brain healthy. Heart pumping exercises can help prevent a stroke!

---



## HEALTHY DIET

Eating fruits and vegetables low in salt can help stimulate your brain and prevent a stroke!

---

# COLOR THE BRAIN LOBES

The brain is divided into different parts called lobes and each lobe controls different things in your body!

Can you guess where each of these lobes go?

## WORD BANK

Write the name of the brain lobe on the line and color the lobe.

BRAIN STEM - Red

TEMPORAL LOBE - Blue

FRONTAL LOBE - Yellow

PARIETAL LOBE - Purple

OCCIPITAL LOBE - Green

CEREBELLUM - Orange

## FRONTAL

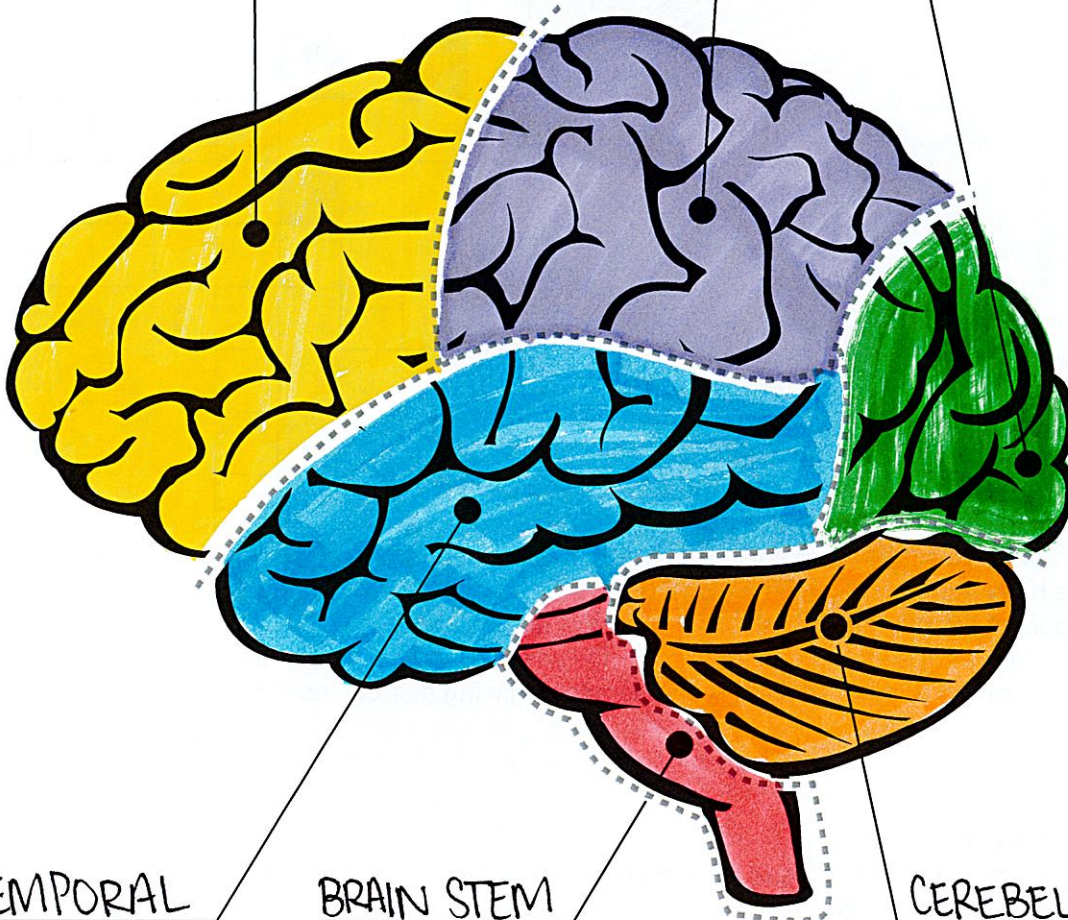
This lobe makes you **think!**

## PARIETAL

This lobe receives messages from your brain about **touch, taste, and temperature.**

## OCCIPITAL

This lobe lets you **see!**



## TEMPORAL

This lobe lets you **hear and have memories!**

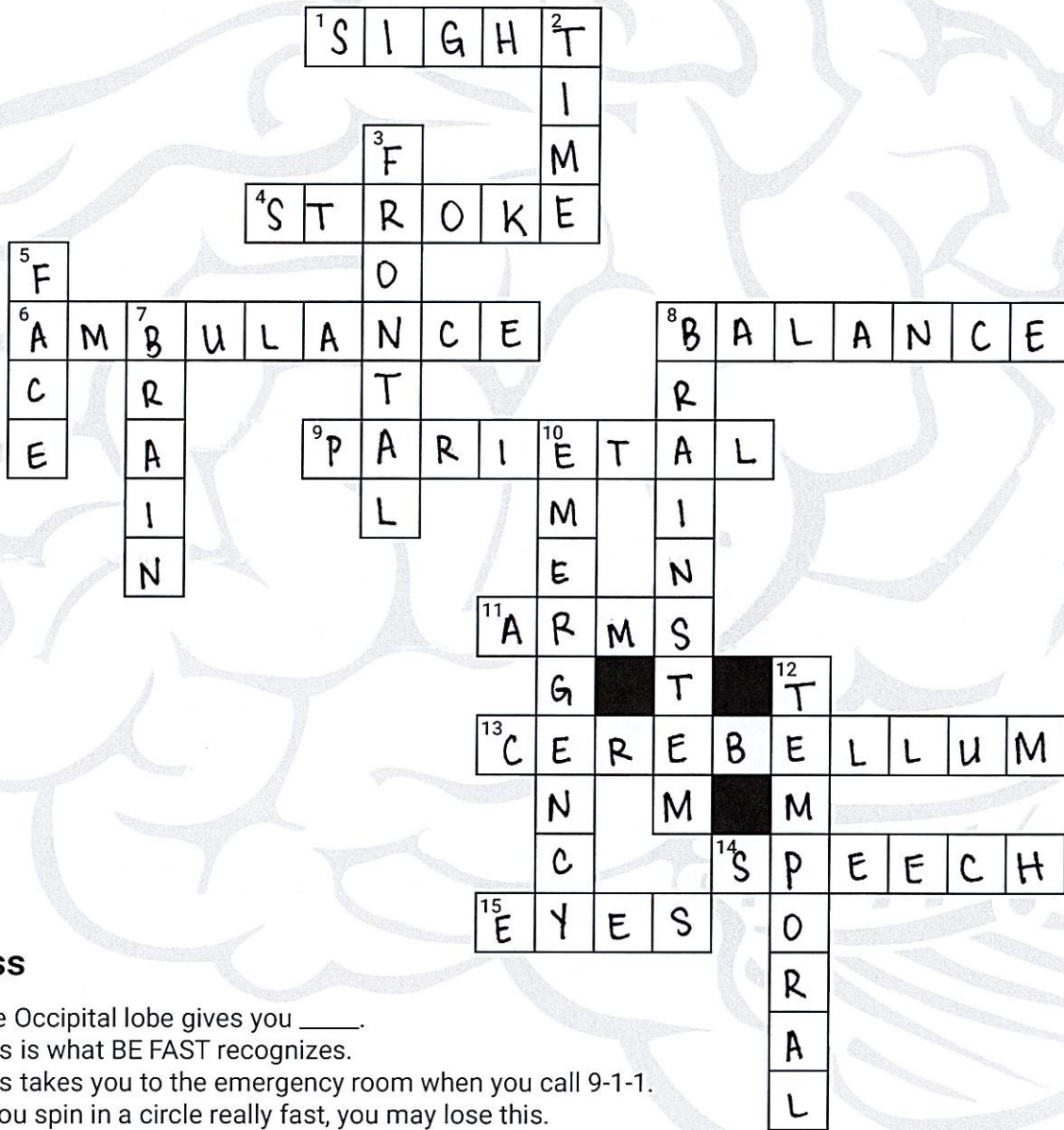
## BRAIN STEM

This lobe controls your **breathing and heart rate!**

## CEREBELLUM

This lobe controls your **movement and balance.**

# CROSSWORD PUZZLE



## Across

- The Occipital lobe gives you \_\_\_\_.
- This is what BE FAST recognizes.
- This takes you to the emergency room when you call 9-1-1.
- If you spin in a circle really fast, you may lose this.
- This brain lobe sends messages about touch, taste, and temperature.
- These body parts help you lift weights.
- This part of the brain controls your movement and balance.
- This symptom of a stroke can sound strange or not make a sound at all.
- This part of the body is affected when someone having a stroke can't see.

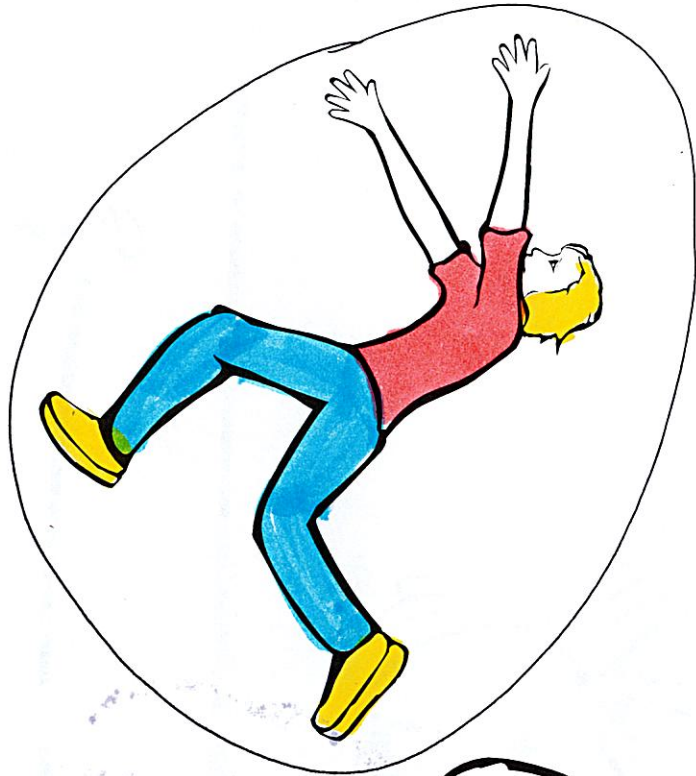
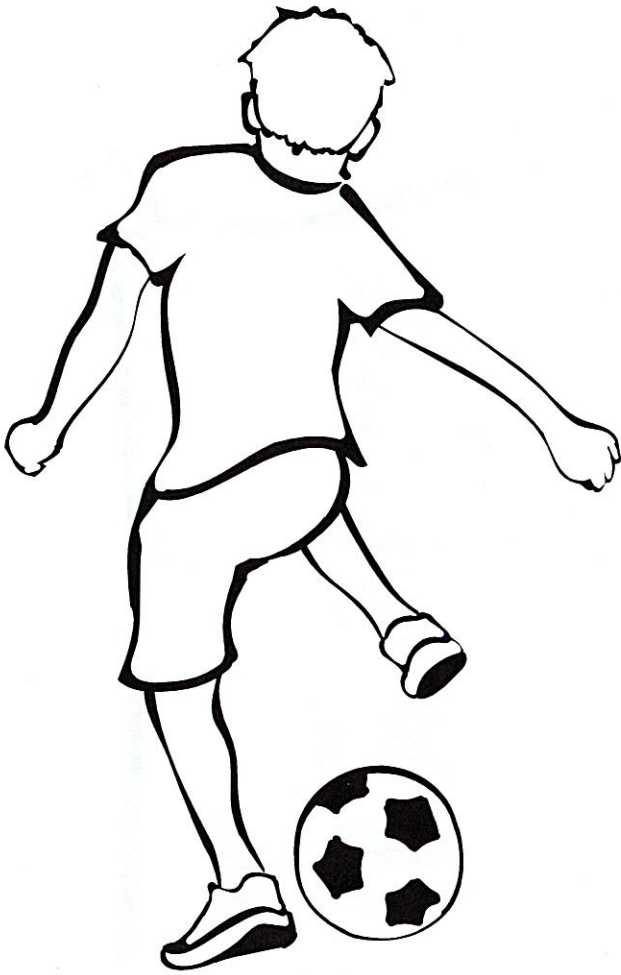
## Down

- \_\_\_\_ is brain.
- This lobe makes you think and is responsible for voluntary movements.
- A crooked smile appears here.
- This is the part of the body where a stroke occurs.
- Involuntary body functions, like breathing and heart beat, are controlled by this lobe.
- Strokes are an \_\_\_\_\_.
- This lobe lets you hear and have memories.



# BALANCE

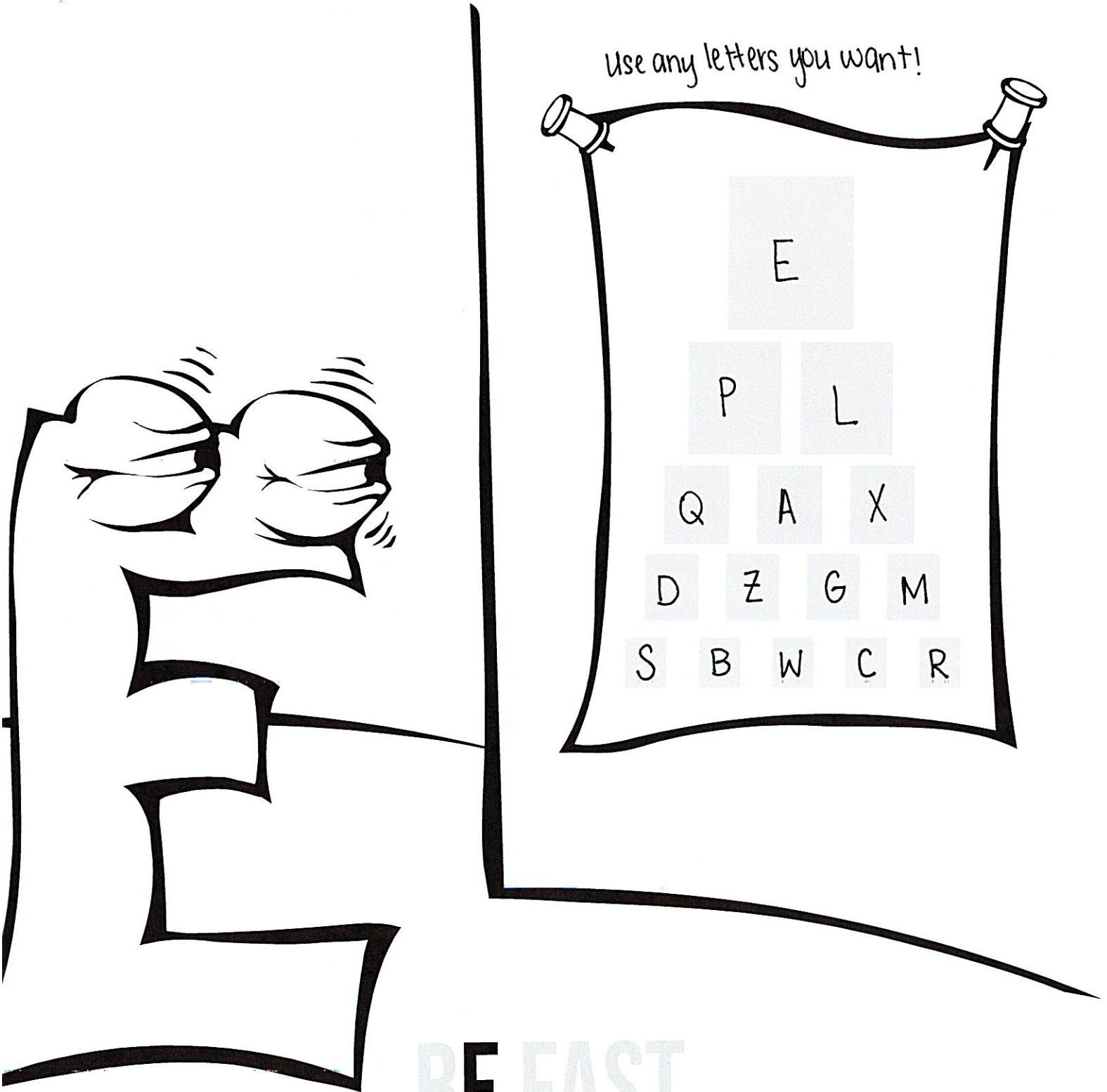
CIRCLE THE PERSON THAT HAS **LOST THEIR BALANCE** AND IS HAVING A STROKE



**BE FAST**

# EYES

WRITE IN LETTERS ON MR E'S EYE CHART TO SEE  
IF HE IS HAVING **SUDDEN EYE SIGHT CHANGES**



**BE FAST**

FACE

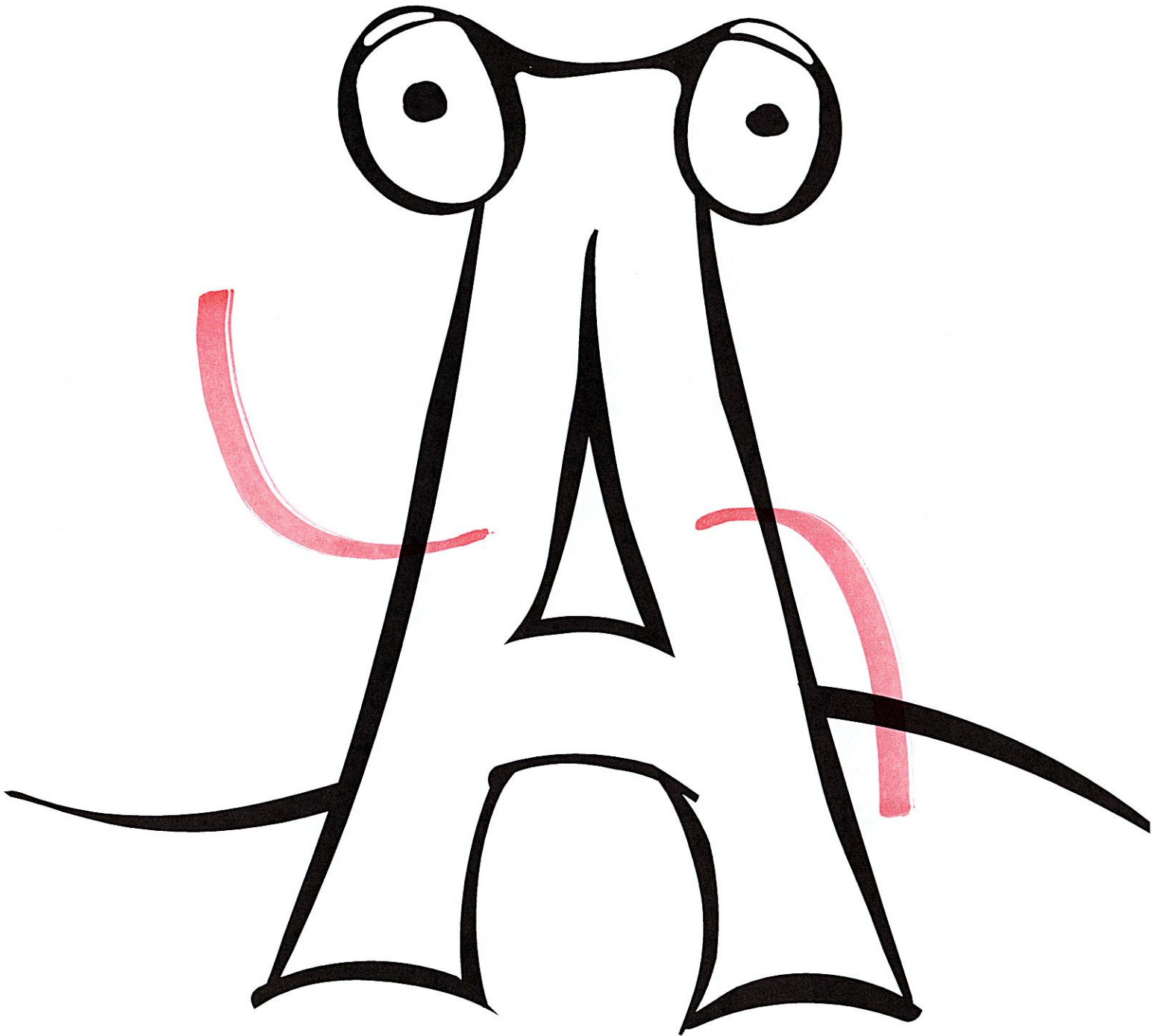
DRAW A **CROOKED SMILE**  
ON MR. F



BE **F**AST

# ARMS

DRAW A HEALTHY ARM AND  
**WEAK ARM** ON MRS. A.



BE FAST

# SPEECH

## COLOR BY NUMBER DIFFICULTY SPEAKING



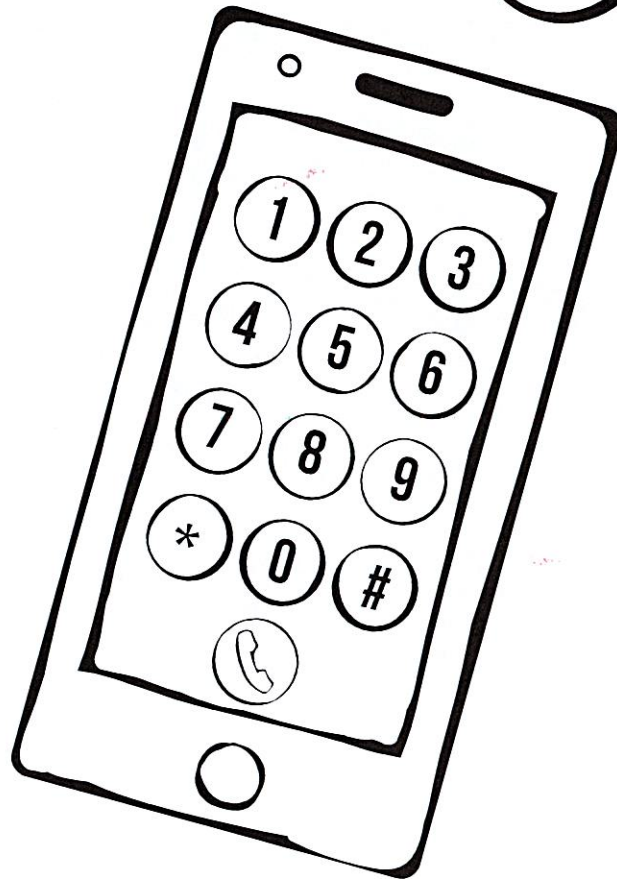
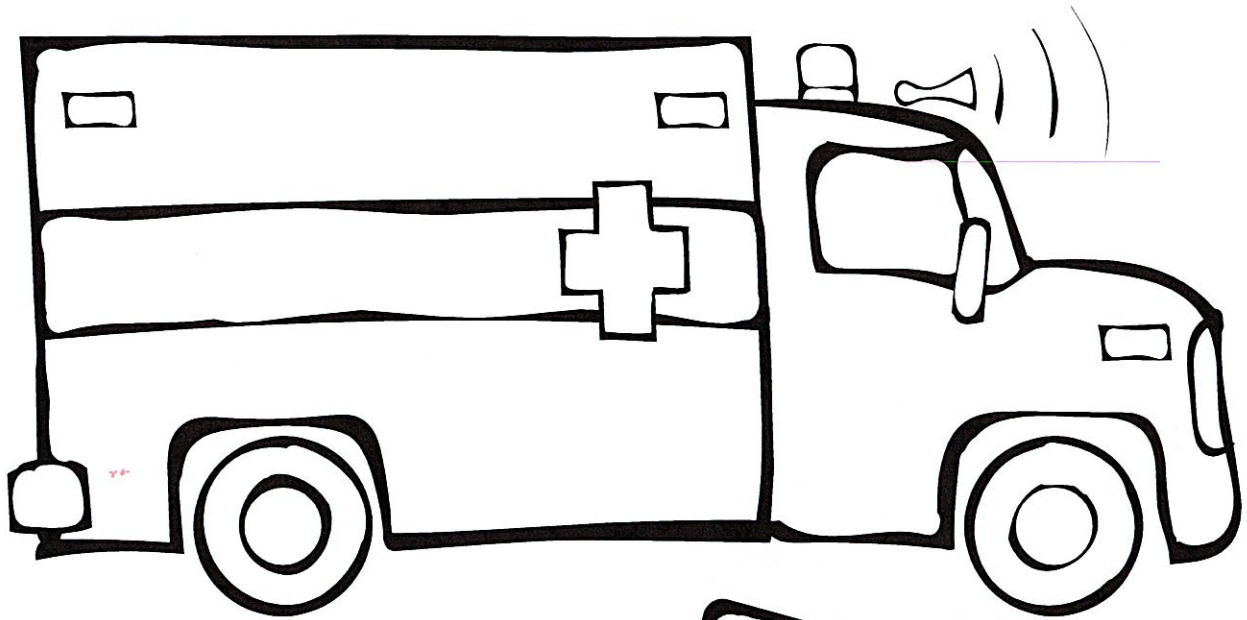
Crayola Crayon 24 Pack

- |                   |                |
|-------------------|----------------|
| 1 - Black         | 4 - Apricot    |
| 2 - Yellow Orange | 5 - Violet Red |
| 3 - Orange        | 6 - Red        |

BE FAST

TIME

COLOR THE AMBULANCE AND WRITE THE NUMBER  
YOU CALL IF SOMEONE IS HAVING A STROKE



9 - 1 - 1

BE FAST

# MAD LIB - TIME IS BRAIN!

Fill in the blanks below to complete the story.

I saw \_\_\_\_\_ at the \_\_\_\_\_.

Name

Place

As soon as I saw him I said "Howdy!"

I was saying "\_\_\_\_\_,", but he

Greeting

replied, "\_\_\_\_\_." I noticed that

Object

his face was different and his smile was crooked.

Then he dropped his \_\_\_\_\_ on the ground.

Item

I remembered that crooked smile, arm weakness,

and speech difficulty are signs of a stroke so

I quickly called 9-1-1. He wanted to finish his

\_\_\_\_\_, but I insisted on calling 9-1-1

Activity

immediately because strokes can't wait and

TIME IS BRAIN.

Is it a Stroke? **CALL 911!**

# BE FAST



**BALANCE**  
difficulties



**EYESIGHT**  
changes



**FACE**  
weakness



**ARM**  
weakness



**SPEECH**  
difficulties



**TIME**  
call 911