17 MAY AND 29 OCTOBER

CHECK YOUR PRESSURE. ACT FAST.



1

CHECK

You may feel nothing. Get your blood pressure checked.

2

SPOT A STROKE

Sudden weakness of the face, arm or leg, or trouble speaking.

3

ACT FAST

Call 10177, or 112 from a cellphone.

STROKE SIGNS: ACT FAST



Face drooping | Arm weakness | Trouble speaking | Trouble seeing | Sudden confusion

Ambulance from a landline **10177**

Emergency from a cellphone **112**

Care Net clinics are not emergency services. In an emergency, call these first.

To check your blood pressure, speak to: _____

WORLD HYPERTENSION DAY: 17 MAY. WORLD STROKE DAY: 29 OCTOBER.

CARE NET CONSULTANTS
Your Partner in Workplace Health

Sources: WHO hypertension and cardiovascular diseases fact sheets; South Africa Demographic and Health Survey 2016; Western Cape Government emergency numbers.

General health information only, not medical advice. Speak to a healthcare professional about your own health.