I think I’m having a stroke

* **Call 911 right now** and make sure to tell them I’m having a stroke. Mention any symptom I’m exhibiting: droopy face, loss of balance, my leg or arm won’t move, or I am speaking incoherently.
* Clear some space for me and lay me down gently on one side with my head propped up.
* If I’m having problems breathing, give me CPR.
* Keep cool and try to calm me down and reassure me.
* Cover me up, if possible.
* Do NOT give me any food or water.

My name is , and I am taking the following medication:

I am allergic to the following:

Please call my emergency contact on this number: and appraise them of my situation.