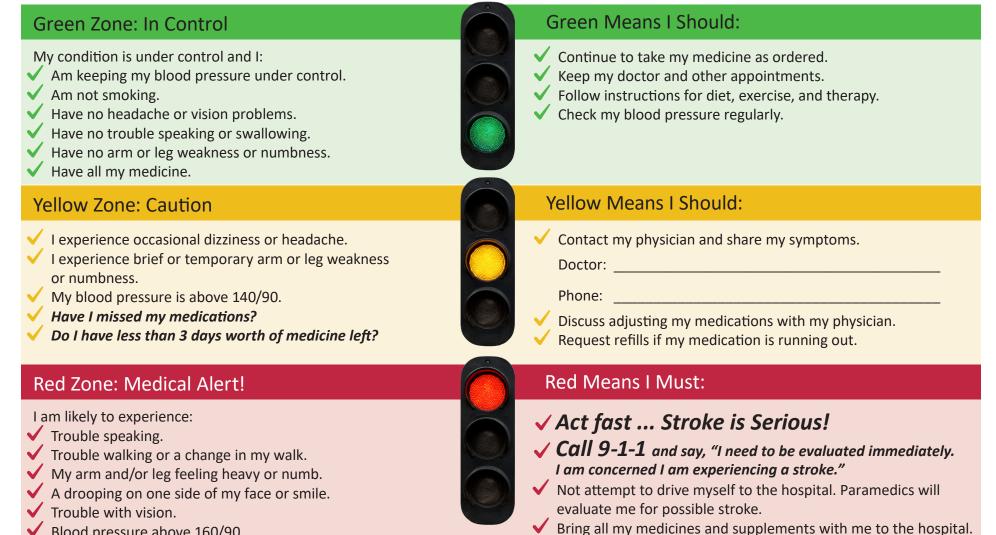
My Plan for Prevention and Early Recognition of Stroke

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Date

Do not smoke and avoid secondhand smoke.



Blood pressure above 160/90.

National Stroke Assocation. Preventing a Stroke. Available at: http://www.stroke.org/understand-stroke/preventing-stroke. Centers for Disease Control and Prevention. Preventing Stroke: Healthy Living. Available at: https://www.cdc.gov/stroke/healthy_living.htm. National Institutes of Health (NIH) National Institute of Neurological Disorders and Stroke (NINDS). About the Campaign. Available at: https://stroke.nih.gov/about/index.htm

NIH NINDS. Know the Signs. Act in Time. A Facilitator's Guide for the Know Stroke Community Education Kit and Video. Available at: https://stroke.nih.gov/documents/NINDS KS FacilatorsGuide 06FNL alt.pdf.

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