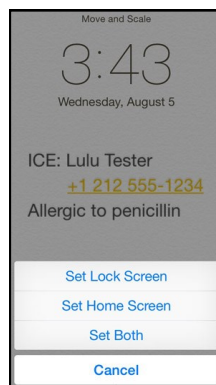


UNC Comprehensive Stroke Center

Emergency Contacts for Any Smartphone

Call 911 for Signs of Stroke

- 1) Open your note taking app
- 2) Type whatever ICE (*In Case of Emergency*) information you would want emergency responders to know. This might be next of kin, allergies, medications etc.
- 3) Take a screenshot or picture of your note
- 4) Use this screenshot picture as your LOCK screen. It will look something like this:



Remember to make sure that you keep this information up-to-date

UNC Comprehensive Stroke Center

Stroke is an EMERGENCY, know the signs and call 911

Call 9-1-1 For New Signs of Stroke.

Act FAST, Time is Brain.

Face—does it look uneven?

Arm—is one arm or leg weak ?

Speech—does it sound strange
(slurred or hard to get out words?)

Time—time is brain, time to call 9-1-1

Sudden onset of difficulty with
balance, vision changes or sudden
severe headache with no known
cause are also symptoms of stroke.

Call 9-1-1 immediately. Time is brain.

