

## Myths and Facts Social Media Messages

### INTRO

Graphic copy:

Follow along this #SurviveStroke Week as we dispel common stroke myths!

Caption:

Happy #SurviveStroke Week! 🧠 Throughout the week, we'll tackle common stroke myths vs. facts — because knowing the facts can save you or your loved ones. Follow along in English and Spanish and share to spread awareness! ⌚

<https://getaheadofstroke.org/about-stroke/why-call-911/>

### MYTHS AND FACTS

1. Graphic copy:

**Myth:** Strokes are rare.

**Fact:** Nearly 800,000 strokes happen in the U.S. each year.

Caption:

🧠 Close to 2,000 people have a stroke in America \*every day\* and it's one of the leading causes of death and disability! If you suspect a stroke, don't wait — CALL 911 immediately! 🚑

#SurviveStroke <https://getaheadofstroke.org/about-stroke/why-call-911/>

2. Graphic copy:

**Myth:** There's no chance to reduce your likelihood of lifelong disability after a severe stroke.

**Fact:** Fast and appropriate triage, transport, and treatment greatly reduce the likelihood of disability or worse.

Caption:

Your odds are better than ever if you get care right away! 🚑 With treatments like thrombectomy, severe stroke patients have a greater likelihood of little to no long-term deficits.

Don't wait — BE FAST and call 911!

#SurviveStroke <https://www.youtube.com/watch?v=soZPRAwvnr4>

3. Graphic copy:

**Myth:** It's better to rest and see if stroke symptoms go away.

**Fact:** Waiting is the riskiest thing you can do.

Caption:

🕒 2 million brain cells die EACH MINUTE blood flow is blocked to the brain. Too many lives are lost or permanently changed because people second-guess #stroke symptoms. If you suspect a stroke, don't wait — CALL 911 immediately!



#SurviveStroke <https://getaheadofstroke.org/about-stroke/why-call-911/>

4. Graphic copy:

**Myth:** There's no easy way to tell if you're having a stroke.

**Fact:** BE FAST is the key to identifying stroke symptoms.

Caption:

Know the signs of #stroke by following BE FAST:

- ◆ Balance – Loss of coordination
- ◆ Eyes – Blurred vision
- ◆ Face – Facial drooping
- ◆ Arm – Arm weakness or drifting
- ◆ Speech – Trouble speaking or understanding
- ◆ Time – Call 911 immediately! 🚑

#SurviveStroke <https://getaheadofstroke.org/about-stroke/why-call-911/>

5. Graphic copy:

**Myth:** I'm young and healthy. This can't be a stroke.

**Fact:** Strokes don't just happen to older people or the "unhealthy."

Caption:

Athletes, teenagers, and even babies can experience #strokes. Stroke is also on the rise among younger and middle-aged adults. Know the signs and BE FAST — no matter your age! 🕒 🚑


#SurviveStroke <https://getaheadofstroke.org/about-stroke/why-call-911/>


6. Graphic copy:

**Myth:** There isn't much you can do to stop a stroke once it happens.

**Fact:** The quicker you get treatment, the better your chances of recovery.

Caption:

 Rapid stroke treatment saves lives! Even 24 hours after a stroke begins, clot removal can improve the chance of regaining independence and limiting disability.


BE FAST — every second counts! Call 911.  #SurviveStroke  
<https://getaheadofstroke.org/about-stroke/why-call-911/>


7. Graphic copy:

**Myth:** Getting someone to drive me to the hospital will be quicker.

**Fact:** Calling 911 ensures a care team is assessing your condition right away and getting the appropriate treatment process in place.

Caption:

 Don't drive — call 911! The person driving you doesn't know what's happening in your brain or which type of facility is required.

Without an ambulance, you may end up waiting while brain cells die. EMS ensures fast, expert care for the best chance of recovery.  #SurviveStroke  
<https://getaheadofstroke.org/about-stroke/why-call-911/>