





● **BRAINS IN TROUBLE - ACT FAST!**

A stroke is a medical emergency in which your brain stops working, often because blood flow is blocked. That means your brain isn't getting oxygen and nutrients. If you act **FAST** you can help.

These are signs of a stroke—and what to do if you see them:

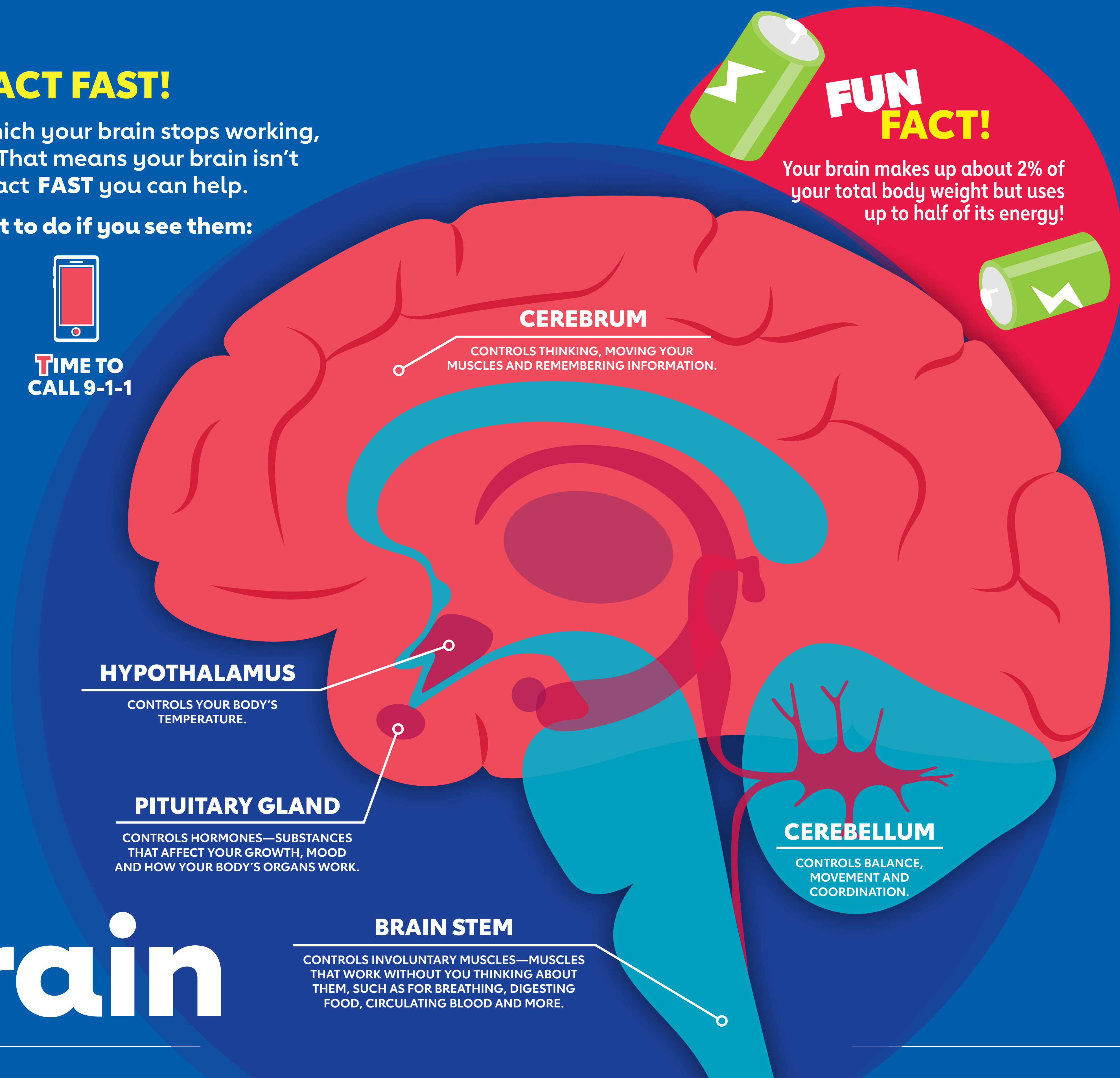
- 
FACE DROOPING
- 
ARM WEAKNESS
- 
SPEECH SLURRED
- 
TIME TO CALL 9-1-1

● **HEALTHY BRAIN = HEALTHY HEART**

Taking care of your brain health keeps your brain strong and helps you to learn and remember, solve problems and make decisions.

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ADD COLOR
- 
CHOOSE WATER
- 
MOVE MORE
- 
NEVER VAPE OR USE TOBACCO
- 
SLEEP ENOUGH

Learn About Your Brain



FUN FACT!
Your brain makes up about 2% of your total body weight but uses up to half of its energy!

FUN FACT!


Freeze! That **brain freeze** you get is actually your brain's way of making you slow down and keep your **body temperature** from **dropping**. Even cats can get a brain freeze!

● **HOW DOES YOUR BRAIN WORK?**



Your brain is like your body's own supercomputer. It's incredibly fast in making decisions, taking only about 1/10,000th of a second. Billions of nerve cells send and receive information all over your body and it also controls your thoughts, movements and memories.

● **SMART PROTECTION!**



Your brain is covered by your skull (cranium) which has 22 bones that work like a helmet for your brain. Your brain floats in fluid (cerebrospinal fluid) that cushions it from bumping around and protects it from infections.