



Directions for Using Head and Heart Toolkit

This kit is designed to make it **easy** and **inexpensive** for you to get some important messages out to as many people as possible to **help save lives**. The messages are about:

- Knowing the Signs & Symptoms of Heart Attack
- Knowing the Signs & Symptoms of Stroke
- Knowing to Call 911 Right Away
- Knowing Personal Risk Factors for Heart Attack and Stroke, and How to Address Them



Let's get started! "Okay, so what is in this toolkit?"

The kit contains all you need to counsel someone about the messages.

First, there are the Don't Wait/Call 911 fact sheets. Review the front of the sheet with your client, going over the signs and symptoms of heart attack and stroke and the importance of calling 911 right away.

Then, go over the back of the tear sheet, encouraging the person to mark their own personal risk factors and read what to do about them.

Next, you can give them information about the risk factors. The information is located in the files in the kit. There is reproducible, black & white information on diet, physical activity, diabetes, the Georgia Tobacco QuitLine, etc.

And, if you want to have **MORE fun** post the "stall wall" posters up in the bathrooms or other public areas to spread more of the message. Typically, stall wall messages go along with national monthly health observances.

And for **even MORE bang**, you can use the fact sheets, handouts, etc. as paycheck stuffers, lunch and learns in health fairs...wherever you can get this important message out to everyone.



And ... You will never run out of "stuff" because you can freely reproduce the items included in this toolkit.