

Steady Sam the Seal has great **B**alance when placing things on his nose!



### **B - BALANCE**

Is the person suddenly having trouble with sitting or standing?

Use the acronym **B.E.F.A.S.T** to remember the signs of stroke and what to do if someone near you is experiencing them.



# INFIRMARY — HEALTH —

**Thank you for entering our coloring contest!  
Please complete the contact form below:**

**Student Name:** \_\_\_\_\_

**Parent / Guardian Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_