GOVERNMENT OF THE VIRGIN ISLANDS

FLYER/POSTER

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Newsletter October

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Know the facts:

- **Risk factors:** Family history, age, genetic changes, lifestyle choices

- **Warning signs:** Lumps, breast changes, unusual discharge
- **Prevention:** Stay active, eat well, limit alcohol, follow medical advice

Join the movement this October get screened, show support, and choose healthier habits.

Don’t Wait — Act FAST

Stroke is one of the leading causes of death and disability in the Caribbean, but most strokes can be prevented. **World Stroke Day is October 29**, a reminder to know the signs and take action.

Remember FAST:

- **F**ace drooping
- **A**rm weakness
- **S**peech difficulty
- **T**ime to call 911

Up to **90% of strokes are preventable**. Protect yourself by checking your blood pressure and blood sugar, staying active, eating well, managing stress, avoiding tobacco, and keeping up with regular check-ups.

https://carpha.org/More/Media/Articles/ArticleID/529/World-Stroke-Day

Keep Hands Clean

Global Handwashing Day, October 15

Handwashing with soap and water is a simple, powerful way to prevent illness. It reduces diarrheal disease, colds, and the flu keeping families and communities healthier.

Wash your hands:

- Before and after meals
- After using the toilet
- After coughing or sneezing
- After caring for someone who is sick

- After handling garbage or animals

The 5 Steps:

1. Wet hands with clean, running water and apply soap
2. Lather all surfaces, including backs of hands, between fingers, and under nails
3. Scrub for at least 20 seconds (hum “Happy Birthday” twice)
4. Rinse thoroughly
5. Dry hands using a clean towel or air dry

Clean hands are your first defense. Make it a daily habit.

https://www.cdc.gov/clean-hands/globalhandwashingday/index.html

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