



April 25, 2016

Dear Contractors,

As many of you may be aware, we have had several members suffer a stroke within the past several years. This can happen without warning. I have attached a quick reference for the signs/symptoms of a stroke, so you can better prepare yourself and your employees. EVERY minute counts, so quick action is the key to a better recovery.

If you or one of your employees are suffering from any of the symptoms outlined on the attached sheet, call 911 and get assistance immediately. If you have any question about the symptoms, it is always better to error on the safe side and take your employee to the emergency room for an evaluation.

In addition, we have enclosed an informational flyer about all of the benefits that the Member Assistance Program offers to your employees. Please post this and keep as a reference for future issues that may warrant help from one of the valuable resources that is offered by E4.

Respectfully,

A handwritten signature in black ink that reads "Dave Zimmermann".

Dave Zimmermann
Co-Chairman

A handwritten signature in black ink that reads "George Welsch".

George Welsch
Co-Chairman



Warning Signs for a Stroke

Act F.A.S.T.

F Face: Ask the person to smile. Does one side of the face droop? Ask the person to stick out their tongue. Does it drift to one side?

A Arms: Ask the person to raise both arms. Does one arm drift downward?

S Speech: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T Time: If you observe any signs, call 9-1-1 immediately. Every minute counts!

FAST is an easy way to remember and identify the most common symptoms of a stroke. Recognition of stroke and calling 9-1-1 will determine how quickly someone will receive treatment and help. Getting to a hospital rapidly will more likely lead to a better recovery.

When you have a stroke, your brain isn't getting the blood it needs. The sooner you get help, the less likely you'll have serious, lasting problems. And the better your chance of recovery.

What to Do

A stroke is a medical emergency.

Don't wait! Every minute counts. If you have even one symptom for more than a few minutes:

- Call 911. An ambulance can get you to a hospital without delay. Don't drive yourself.
- **Note the time when symptoms started. (The hospital staff needs to know.)**

What if you're with someone who's having symptoms, but you're not sure if it's a stroke? Some people may deny there's a problem. They don't want others to make a fuss. Or they might say, "What's the big rush?"

Consider this: What's the worst thing that can happen if this isn't a stroke? An unnecessary trip to the hospital. What's the worst thing that can happen if it is a stroke and you ignore it?

Don't take chances. Call 911.