



THINK YOU ARE HAVING A STROKE? CALL 9-1-1 IMMEDIATELY!

F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to call 9-1-1 for help right away. F.A.S.T. is:

Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

Time to call 9-1-1 – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Beyond F.A.S.T. – Other Symptoms You Should Know

- Sudden **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body
- Sudden **CONFUSION**, trouble speaking or understanding speech
- Sudden **TROUBLE SEEING** in one or both eyes
- Sudden **TROUBLE WALKING**, dizziness, loss of balance or coordination
- Sudden **SEVERE HEADACHE** with no known cause