

CHANGE THE OUTCOME OF A STROKE

Act F.A.S.T.

1. Know the symptoms:

- Sudden numbness or weakness of face, arm or leg – especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

2. Do this simple test:

Act F.A.S.T.

Face	Ask the person to SMILE . Does one side of the face droop?
Arms	Ask the person to RAISE BOTH ARMS . Does one arm drift downward?
Speech	Ask the person to speak a simple sentence, like “IT’S A SUNNY DAY.” Are the words slurred? Was the sentence repeated incorrectly?
Time	If YES to ANY ONE of the above, <u>CALL 911 IMMEDIATELY!</u> TIME is important...brain cells are dying! Don’t delay!

Provided, in part, by the National Stroke Association.