F.A.S.T. is an easy way to remember the sudden signs of a stroke and what you need to do when it happens. When you spot the signs, call 9-1-1 right away. This is important because the sooner a stroke victim gets to the hospital, the sooner they can begin treatment. And that can make a remarkable difference in recovery.

WHAT TO DO IF YOU THINK SOMEONE IS HAVING A STROKE

Immediately call 9-1-1 so an ambulance can be sent.

Check the time so you’ll know when the first symptoms appeared.

WHY IS CHECKING THE TIME IMPORTANT?

Immediate stroke treatment may improve the chances of survival, but only if you get help right away.

Stroke is largely a preventable, treatable and beatable disease that affects

795,000 AMERICANS A YEAR.

Every 4 minutes someone dies of stroke.

STROKE IS THE NO. 1 PREVENTABLE CAUSE OF DISABILITY.

SPOT A STROKE

F.A.S.T.

strokeassociation.org