

## HOW TO SPOT A STROKE

# F.A.S.T.

### FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.

### 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 he or she unable to speak or hard to understand? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?

### TIME TO CALL 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get him or her to the hospital immediately.

  
American Heart Association | American Stroke Association  
**Together to End Stroke™**

For more information visit [strokeassociation.org](http://strokeassociation.org)

**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.



On average, a stroke occurs every 40 seconds.



Every 4 minutes someone dies of stroke.

**STROKE IS THE NO. 1 PREVENTABLE CAUSE OF DISABILITY.**

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# F A S T

FACE DROOPING | ARM WEAKNESS | SPEECH DIFFICULTY | TIME TO CALL 911

**Ad Council**

  
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