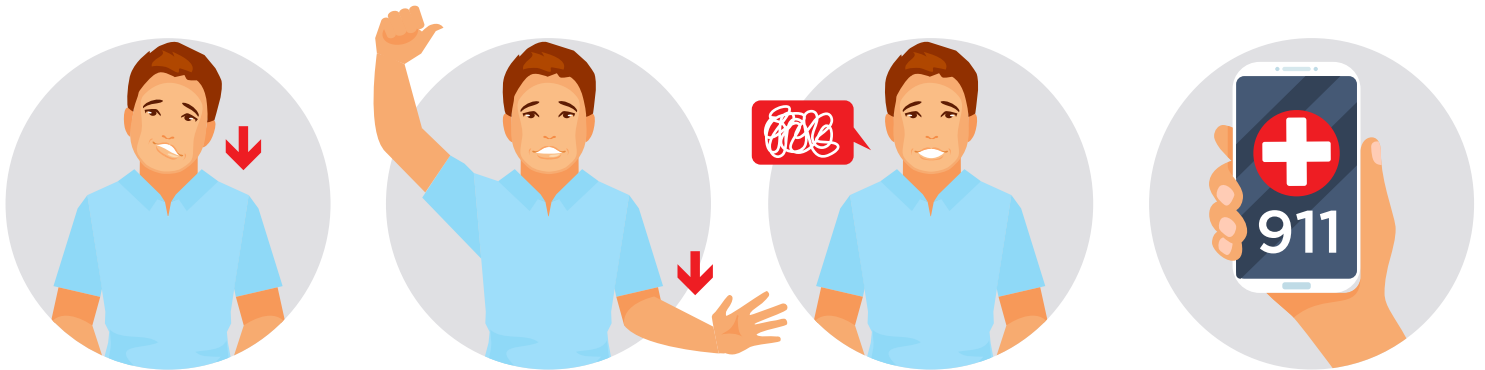


# SPOT A STROKE F.A.S.T.

It could save a life, possibly yours.

These simple letters can help you recognize the SUDDEN signs of a stroke and get help right away.



# F

## FACE

**Is it drooping to one side?**

Ask the person to smile.

Is the person's smile uneven?

# A

## ARM

**Is one arm weak?**

Ask the person to raise both arms.

Does one arm drift downward?

# S

## SPEECH

**Is speech slurred?**

Ask the person to repeat a simple sentence, like "The sky is blue."

Is the sentence repeated correctly?

# T

## TIME

If someone shows any of these symptoms, even if the symptoms go away, call **9-1-1** to get the person to the hospital immediately.

Calling **9-1-1** helps to ensure the best possible outcomes and treatment options. Recognizing and responding **F.A.S.T.** can help save lives and improve recovery.



[www.nwestroke.ca](http://www.nwestroke.ca)

