

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** ensures the best possible outcomes and treatment options. Recognizing and responding **F.A.S.T.** can help save lives and improve recovery.