



F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to **call 9-1-1 for help** right away.

F.A.S.T. is:

F	Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
A	Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
S	Speech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like, "The sky is blue." Is the sentence repeated correctly?
T	<p>Time to call 9-1-1 – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1, and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.</p> <p>To learn more about stroke symptoms, and which hospitals near you are certified stroke centers, go to: http://www.strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms_UCM_308528_SubHomePage.jsp</p>