

Spot a Stroke **F.A.S.T.**!

And you just may save a life!

“F.A.S.T.” is an easy way to remember the sudden signs of a stroke.



F

FACE DROOPING

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



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? Are they unable to speak or hard to understand? Ask them to repeat a simple sentence, like “The sky is blue.” Is the sentence repeated correctly?



T

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 them to the hospital immediately!

Learn more at
[StrokeAssociation.org/WarningSigns](https://www.strokeassociation.org/WarningSigns)



American Heart Association®
Hard Hats with Heart™