

## SPOT A STROKE

# F.A.S.T.!



## 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!



American Heart Association.  
**Hard Hats with Heart™**

Learn more at  
[StrokeAssociation.org/WarningSigns](http://StrokeAssociation.org/WarningSigns)

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