SPOT A STROKE F.A.S.T.

It could save a life, possibly yours.

Last year, many of the 795,000 Americans who suffered a stroke did not get the right lifesaving treatment in time. But you can help save lives and improve recovery by thinking F.A.S.T. These simple letters can help you recognize the signs of a stroke and get help right away.

FACE DROOPING — Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

ARM WEAKNESS — Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

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?

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.

BEYOND F.A.S.T. — OTHER SYMPTOMS YOU SHOULD KNOW — Sudden numbness or weakness of the leg, sudden confusion or trouble understanding, sudden trouble seeing in one or both eyes, sudden trouble walking, dizziness, loss of balance or loss of coordination and/or sudden severe headache with no known cause.

StrokeAssociation.org/WarningSigns

1-888-4-STROKE

To help you remember F.A.S.T, download this free mobile application for your phone today.

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Together to End Stroke™

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