



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** **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.