



National Stroke Awareness Month

Act **FAST** for Stroke

Stroke is an emergency and a “brain attack.” Learn how to act **FAST** and call 9-1-1 at first sign of stroke.

The National Stroke Association has easy ways for you to learn more about stroke before it happens to you or someone else.

Here are a few ideas:

- Learn **FAST** to help remember stroke warning signs.
- Sign up for regular email updates at www.stroke.org
- See a healthcare professional to assess your personal stroke risk.



FACE

Ask the person to smile. Does one side of the face droop?



ARMS

Ask the person to raise both arms. Does one arm drift downward?



SPEECH

Ask the person to repeat a simple phrase. Is their speech slurred?



TIME

If you observe any of these signs, call 9-1-1 immediately.



Learn more at www.stroke.org



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