

SPOT A STROKE **F.A.S.T.**

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



Face Drooping

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



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, are they unable to speak, or are they 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 the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

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 coordination
- Sudden severe headache with no known cause



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