



StrokeAwareness

THINK **FAST**

F

Face

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

A

Arms

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

S

Speech

Ask the person to repeat a simple sentence (“It’s sunny today”). Are the words slurred? Can the person repeat the sentence correctly?

T

Time

If the person shows any symptoms, time is important. **Call 9-1-1** immediately.

Every 45 seconds someone suffers from a recurrent or new stroke.

Every 3.1 minutes someone dies from a stroke.

What can you do to reduce your risk?
Quit smoking, Exercise, Eat Right.

With stroke every second counts. The window for successful treatment is three hours.

If you or someone you know has symptoms of a stroke call **9-1-1** immediately.

