

STROKE is an emergency
Every minute counts

ACT F.A.S.T!

F
FACE

Uneven smile
Facial droop

A
ARM

Arm numbness
Arm weakness

S
SPEECH

Slurred speech
Difficulty speaking
or understanding

T
IME

Call 9-1-1 immediately.

Have the ambulance go to the
nearest stroke center.

Stroke risk factors

High blood pressure

High cholesterol

Heart disease

Diabetes

Smoking

Heavy alcohol use

Physical inactivity and obesity

Atrial fibrillation (irregular heartbeat)

Family history of stroke

For more information about stroke, contact:

American Stroke Association

www.strokeassociation.org

1-888-4-STROKE

National Stroke Association

www.stroke.org

1-800-STROKES