

STROKE Is an Emergency
Every minute counts
ACT F.A.S.T!

FACE

Facial droop
 Uneven smile

ARM

Arm numbness
 Arm weakness

SPEECH

Slurred speech
 Difficulty speaking
 or understanding

TIME

Call 911 and get to the
 hospital 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

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