

# Spot a Stroke **F.A.S.T.**!

*And you just may save a life!*

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



## **F**

### **FACE DROOPING**

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



## **A**

### **ARM WEAKNESS**

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



## **S**

### **SPEECH DIFFICULTY**

Is speech slurred? Are they unable to speak or hard to understand? Ask them to repeat a simple sentence, like “The sky is blue.” Is the sentence repeated correctly?



## **T**

### **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!

Learn more at  
[StrokeAssociation.org/WarningSigns](https://www.strokeassociation.org/WarningSigns)



American Heart Association.  
Hard Hats with Heart™