

Tip Sheet #3: Warning Signs of a Stroke



A Stroke can kill you! Knowing the warning signs of a stroke can save your life or the life of someone you know.

Know how your body normally feels. Be aware of how you normally feel when you are sitting, walking, riding a bike or doing other activities. Be aware of changes in how you feel. Changes in how you feel may be warning signs.

Watch out for Warning Signs of a Stroke. *Remember the word **FAST: Face-Arms-Speech-Time.***



Face

The person's face may look crooked. The person may not be able to smile or their mouth or eye may have dropped.

Arms

The person with a suspected stroke may not be able to lift both arms and keep them there. The person may feel weakness or numbness in one arm.



Speech

The person's speech may be hard to understand - slurred or garbled. The person may not be able to talk at all even though they seem to be awake.

Time - It is Time to call 911!

It is time to dial 911. Don't wait! If you can't call get help. The sooner you or the other person gets to the hospital, the better. If you think that you or someone else is having a stroke,

Phone 911 Right Away. *American Stroke Association



Know the Warning Signs of a Stroke – Remember the Word

FAST – Face – Arms – Speech – Time

You may save your life or the life of someone else.