

# SIGNS OF A STROKE

Act **F.A.S.T** to recognise the signs:

- **Facial weakness**

Can they smile? Has their mouth or eye drooped?

- **Arm weakness**

Can they raise both arms?

- **Speech problems**

Can they speak clearly and can they understand what you're saying?

- **Time**

It's time to call 999 immediately if you see any of these symptoms.

It's called **F.A.S.T** because timing is critical if you're having a stroke. You could lose millions of nerve cells for every minute without treatment. The longer you wait, the less chance of speech, movement and abilities being returned to what they were. Acting **F.A.S.T** really is lifesaving.