

B.E. F.A.S.T. for stroke

If you or someone you know are experiencing the symptoms of a stroke that came on suddenly, remember B.E. F.A.S.T. and

Call 911 IMMEDIATELY!



BALANCE:

Trouble walking?

Loss of balance or coordination, dizziness.



EYES:

Trouble seeing?

Change in vision in one or both eyes.



FACE:

Smile uneven?

Face looks uneven, droopy or is numb.



ARMS:

Raise both arms. Does one drop?

Weakness or numbness in one arm or leg.



SPEECH:

Trouble speaking or confused?

Slurred or difficult speech.



TIME:

Time lost = Brain lost. Note the time symptoms start and **call 9-1-1 immediately.**

Another symptom could be an unfamiliar or sudden severe headache.