

Act F.A.S.T. if Showing Symptoms of Stroke

Act F.A.S.T.

Face

Ask the person to smile.
Does one side of the face droop?

Arms

Ask the person to raise both arms.
Does one arm drift downward?

Speech

Ask the person to repeat a simple sentence.
Are the words slurred? Can he/she repeat the sentence correctly?

Time

If the person shows any of these symptoms, time is important.
Call 911 or get to the hospital fast. Brain cells are dying.

Stroke symptoms include:

- SUDDEN numbness or weakness of face, arm or leg—especially on one side of the body.
- SUDDEN confusion, trouble speaking or understanding.
- SUDDEN trouble seeing in one or both eyes.
- SUDDEN trouble walking, dizziness, loss of balance or coordination.
- SUDDEN severe headache with no known cause.

If you or a loved one experiences any of these symptoms above, call 9-1-1 immediately. Note the time the first symptom was experienced. This information is important to a healthcare provider and can affect treatment decisions.

If a person has experienced ANY of these symptoms, they may have had a TIA or mini-stroke.

- A transient ischemic attack (TIA) is an event, sometimes called a mini-stroke or stroke symptoms lasting less than 24 hours.
- While TIAs generally do not cause permanent brain damage, they are a serious warning sign of stroke and should not be ignored.



Act F.A.S.T. courtesy of the National Stroke Association

5 West Second Street • Suite 4 • Hinsdale, IL 60521
(630) 323-4665 • info@independence4seniors.com • www.independence4seniors.com

Specializing in Customized, Non-Medical, Home Care Services for Seniors. Licensed, Bonded and Insured. RN Supervised.