

Signs of a Stroke (Think **FAST**)



F – Face drooping

One side of the face may droop or feel numb

Smile may look uneven

A – Arm weakness

One arm may drift downward when both are raised

Weakness or numbness in one arm or leg

S – Speech difficulty

Slurred speech or trouble speaking

Confused or hard to understand words

T – Time to call emergency services

If ANY of these signs are present, it's an emergency

Other warning signs (can also happen suddenly)

Sudden vision loss or blurred vision in one or both eyes

Sudden severe headache with no known cause

Dizziness, loss of balance, or coordination problems

Sudden confusion or difficulty understanding others

What to do immediately

Call 911 right away (Canada) – do not wait or “see if it improves”

Note the time symptoms started (this is very important for treatment decisions)

Do NOT let the person drive themselves

Keep the person safe and seated or lying down

Do not give food, drink, or medication unless instructed by emergency responders

Why time matters

Brain cells start dying within minutes of reduced blood flow. Treatments like clot-busting medication or procedures only work within a limited time window.