

Stroke Warning Signs & FAST Action Card™

Stroke symptoms often begin suddenly. Acting quickly can protect the brain and save a life.



Call 911 Immediately

Do not wait to see whether symptoms improve.
Note the time the person was last known to be well.

Think FAST

F


F • Face Drooping

Ask the person to smile. Is one side of the face drooping, numb or uneven?

A


A • Arm Weakness

Ask the person to raise both arms. Does one arm drift downward, feel weak or become numb?

S


S • Speech Difficulty

Ask the person to repeat a simple sentence. Is speech slurred, strange, confused or difficult to understand?

T


T • Time to Call 911

Call even if the symptoms are mild, improve or disappear. Every minute matters.

Other Sudden Warning Signs

- ☐ Numbness or weakness, especially on one side
- ☐ Confusion or trouble understanding
- ☐ Trouble seeing in one or both eyes

- ☐ Trouble walking, dizziness or loss of balance
- ☐ Severe headache with no known cause
- ☐ Nausea or vomiting with new neurologic symptoms

While Help Is Coming

1. Keep the person safe and still.
2. Note when symptoms began or the last-known-well time.
3. Gather the medication list if it is nearby.
4. Follow the emergency dispatcher's instructions.

Do Not

- ☐ Drive the person yourself unless instructed
- ☐ Give food, drink or medication
- ☐ Let the person "sleep it off"
- ☐ Delay because the symptoms improve

Gentle Reminder

A mini-stroke, or TIA, can cause symptoms that disappear. It still needs immediate emergency evaluation.

Martine's Midlife Wellness Tip

Save this card and share FAST with the people you love. Stroke signs may be easier for someone else to recognize.