

BE FAST if Showing Symptoms of Stroke

B



BALANCE

Does the person have loss of balance, headache or dizziness?

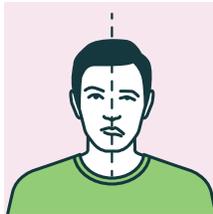
E



EYES

Is there blurred or sudden vision loss in one or both eyes?

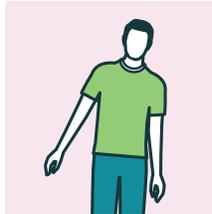
F



FACE

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

A



ARMS

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

S



SPEECH

Ask the person to repeat simple a sentence. Is there speech difficulty?

T



TIME

If person shows **ANY** of these symptoms, **call 911 immediately!**

Stroke symptoms include:

- SUDDEN numbness or weakness of face, arm or leg—especially on one side of the body.
- SUDDEN trouble walking, dizziness, loss of balance or coordination.
- SUDDEN confusion, trouble speaking or understanding.
- SUDDEN trouble seeing in one or both eyes.
- 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, he or she 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 and BE FAST: Sushanth Aroor, Rajpreet Singh, Larry B. Goldstein. BE-FAST (Balance, Eyes, Face, Arm, Speech, Time). Stroke, 2017; 48 (2): 479 DOI: 10.1161/STROKEAHA.116.015169