

# Stroke signs

Seek immediate medical care for someone who shows one or more of the following warning signs: sudden numbness or weakness of the 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; or sudden, severe headache with no known cause.

To remember the signs of stroke, the National Stroke Association recommends using the acronym **FAST**:

- 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 speak. Does the person have slurred speech or trouble speaking?
- Time:** If you observe any of these signs, call 9-1-1.

