

Act **F.A.S.T.**

CALL 9-1-1 IMMEDIATELY IF YOU THINK YOU ARE HAVING A STROKE!

F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to **call 9-1-1 for help** right away. **F.A.S.T.** is:



F

Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?



A

Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



S

Speech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?



T

Time to call 9-1-1 – If someone shows any of these symptoms even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.



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