

Remember to act **FAST**

Know the signs of a stroke so that you can get help quickly.

Practice reciting the signs of stroke from page 2.

After 1 hour and without looking back to page 2, write down the signs below.

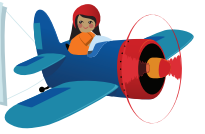
Keep trying until you can remember them without looking back.

F

A

S

T



What is a stroke?

A stroke happens when blood stops flowing to any part of your brain, damaging brain cells. The effects of a stroke depend on the part of the brain that was damaged and the amount of damage done.

How can a stroke affect my body?

The effects of stroke are different for each person. They can be mild, moderate or severe. The severity depends on factors such as:

- the type of stroke
- the amount of time the brain area had no blood flow
- the time it took to get to hospital
- the side of the brain where the stroke occurred
- the size of the damaged area in the brain
- the body functions controlled by the affected area

KNOW THE SIGNS OF STROKE SO THAT YOU CAN GET HELP QUICKLY



Learn the signs of stroke

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.

Act **F A S T** because the quicker you act, the more of the person you save.

heartandstroke.ca/FAST

© Heart and Stroke Foundation of Canada, 2017 | ™The heart and / icon on its own or followed by another icon or words in English are trademarks of the Heart and Stroke Foundation of Canada.