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.
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 **FAST** because the quicker you act, the more of the person you save.

[heartandstroke.ca/FAST](http://heartandstroke.ca/FAST)