



Teach others to act **FAST**

Knowing the signs of stroke so you can get help quickly is half the battle. The other part is making sure your friends and family also know the signs so they can act FAST too.



Reminder: 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.

Learn the **FAST** signs of stroke:

- F**ace is it drooping?
- A**rms can you raise both?
- S**peech is it slurred or jumbled?
- T**ime to call 9-1-1 right away.

You're ready to go! Use what you've learned above to teach friends and family members the signs of stroke. Keep track of who you taught below:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Thank you for being a **FAST educator!**