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:

- **Face** is it drooping?
- **Arms** can you raise both?
- **Speech** is it slurred or jumbled?
- **Time** 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!