

F. A. S. T. (Face, Arm, Speech, Time)

Symptoms Of A Stroke

Do you know the warning signs of a stroke?

The warning signs of stroke include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Time lost is brain lost -- don't hesitate to act!

If you or someone with you has one or more of these signs, don't delay! **Immediately call 911** or the emergency medical services number so an ambulance can be sent for you. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug can reduce long-term disability for the most common type of stroke.