

Learn to Recognize the Signs of a Stroke

Act 'FAST'

Stroke symptoms are unique because they come on suddenly, without warning. The National Stroke Association suggests using the term "FAST" to help you recognize common stroke symptoms.

F for face
If you notice a droop or uneven smile on a person's face, this is a warning sign.

A for arms
Arm numbness or weakness can be a warning sign. You can ask the person to raise their arms if you are unsure. It's a warning sign if the arm drops down or isn't steady.

S for speech difficulty
Ask the person to repeat something. Slurred speech can indicate that the person is having a stroke.

T for time
Act fast if someone is experiencing stroke symptoms.

Call 911 if you feel or see these signs happening to someone.

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1. What word helps you remember the symptoms of a stroke?
a. STROKE b. STOP c. FIST d. FAST
2. How do stroke symptoms show themselves?
a. Suddenly – when you don't expect them b. Gradually – little by little
3. What does F stand for?
a. Face b. Finger c. Fist d. forehead
4. What problem might you see?
a. Red eyes b. Drooping c. Red skin d. Sweat
5. What does A stand for?
a. Abdomen b. Ankle c. Arm d. Armpit
6. What problem might you see?
a. Broken arm b. Bruises c. Rash d. Weakness
7. What does S stand for?
a. Slurred b. Speech c. Stroke d. Stomach
8. What problem might you hear?
a. Coughing b. High voice c. Low voice d. Slurred speech
9. What does T stand for?
a. Tim's b. Time c. Tone d. Tongue
10. When should you get help for this problem?
a. After one hour b. Doesn't matter c. Immediately