Think **FAST** about Stroke

Learn the sudden warning signs of stroke so you can recognize and respond to stroke **FAST**.

**STROKE** is an **EMERGENCY**

Use **FAST** to remember warning signs of stroke:

- **FACE**: Ask the person to smile. Does one side of the face droop?
- **ARMS**: Ask the person to raise both arms. Does one arm drift downward?
- **SPEECH**: Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- **TIME**: If you observe any of these signs, **call 9-1-1 immediately**.

Information provided by the National Stroke Association - [www.stroke.org](http://www.stroke.org)

Visit the CommonHealth website for more information – [www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov)