

Be prepared and act fast.

HOW TO SPOT A STROKE



A stroke is a sudden interruption in the supply of blood to the brain. Individuals experiencing an onset of symptoms require immediate professional medical assistance.

Signs and symptoms of a stroke include:

Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.

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2 Sudden confusion, trouble speaking, or difficulty understanding speech.

Sudden trouble seeing in one or both eyes.

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4 Sudden trouble walking, dizziness, loss of balance, or lack of coordination.

Sudden severe headache with no known cause.

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6 Note the time when any symptoms first appear and call 911 immediately.

For more information or to book your next First Aid & CPR Course, please visit: oneheart.ca

ACTING F.A.S.T. IS KEY FOR A STROKE



Acting F.A.S.T. can help stroke casualties get the treatments they desperately need. The stroke treatments that work best are available only if the stroke is recognized and diagnosed within 3 hours of the first symptoms.

If you think someone may be having a stroke, act F.A.S.T. and do the following simple test:

F

Face: Ask the person to smile. Does one side of the face droop?

A

Arms: Ask the person to raise both arms. Does one arm drift downward?

S

Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?

T

Time: If you see any of these signs, call 9-1-1 right away.

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