

Suspect a stroke?

Act **FAST**. Call 999.

Suspect a stroke? Act **FAST** and call 999.

F **A** **S** **T**

Facial
weakness

Arm
weakness

Speech
problems

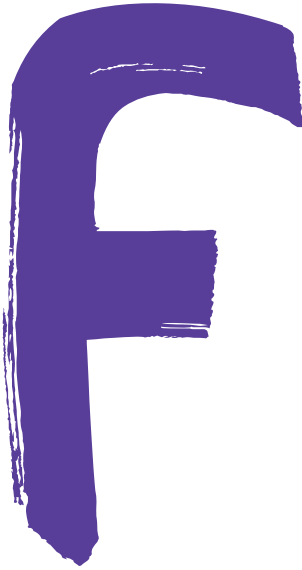
Time
to call 999

Stroke is a medical emergency

Stroke Helpline 0303 3033 100
stroke.org.uk

Stroke
association

The Face, Arm, Speech Test (FAST) can help



Facial weakness

Can the person smile?
Has their mouth or eye drooped?



Arm weakness

Can the person raise both arms?

What are the symptoms of stroke?

- Sudden weakness or numbness of the face, arm or leg on one side of the body
- Sudden difficulty speaking or understanding spoken language
- Sudden loss or blurring of vision, in one or both eyes
- Sudden confusion
- Dizziness, unsteadiness or a sudden fall, especially with any of the other signs
- Sudden severe headache with no apparent cause

If you suspect a stroke

Do you recognise the symptoms of a stroke

A large, stylized letter 'S' created with thick purple brushstrokes, showing texture and varying line thickness.

Speech problems

Can the person speak clearly and understand what you say?

A large, stylized letter 'T' created with thick yellow brushstrokes, showing texture and varying line thickness.

Time

to call 999.

Why act FAST?

Stroke is a medical emergency. By calling 999, you can help someone reach hospital quickly and receive the early treatment they need. Prompt action can prevent further damage to the brain and help someone make a full recovery. Delay can result in death or long-term disabilities, such as paralysis, memory loss and communication problems. Ambulance crews use FAST and can act fast with hospital staff to identify a stroke quickly. If you see any one of these symptoms, it could be a stroke so act FAST.

Do, act FAST and call 999

What is a stroke?

A stroke is a brain attack. It happens when the blood supply to the brain is disrupted. Most strokes occur when a blood clot blocks the flow of blood to the brain. Some strokes are caused by bleeding in or around the brain from a burst blood vessel.

What is a TIA (transient ischaemic attack)?

A TIA (sometimes called a mini stroke) is similar to a full stroke but the symptoms may only last a few minutes and will have completely gone within 24 hours. Don't ignore it. A TIA should be treated as an emergency. It could lead to a major stroke. Seek urgent medical attention, either from your GP or at A&E. You should be given daily aspirin immediately and be assessed for future stroke risk. If your risk is high, you should be assessed by a stroke specialist within 24 hours. If your risk is low, you should still see a specialist within 7 days.

Facts about stroke

Stroke is devastating. Every year around 150,000 people have a stroke. 50,000 die from it, while another 50,000 are left with a severe disability. There are over 1 million stroke survivors in the UK; and around half of them need support with every day tasks like making a cup of tea.

Stroke Association

We believe that stroke can and should be prevented. It's why we fund research to develop new treatments and ways to prevent stroke. It's why we raise awareness and give people the information they need to reduce their risk of having a stroke. We'd rather no one had a stroke at all, but if they do, we're with them every step of the way to make the best recovery they can.

We are a charity. We rely on your support to change lives and prevent stroke.

Item code: **A08FA02**

Stroke Association is a Company Limited by Guarantee, registered in England and Wales (No 61274). Registered office: Stroke Association House, 240 City Road, London EC1V 2PR. Registered as a Charity in England and Wales (No 211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805) Isle of Man (No 945) and Jersey (NPO 369).