

The Face, Arm, Speech, Time (FAST) test will help you recognise the symptoms of a stroke



Facial weakness

Can the person smile? Has their face fallen on one side?



Arm weakness

Can the person raise both arms fully and keep them there?



Speech problems

Can the person speak clearly and understand what you say? Is their speech slurred?



Time

If you see **any one** of these three signs, **don't wait**. It's time to call **999**.

Other symptoms of stroke

- Sudden weakness or numbness on one side of the body, including legs, hands or feet.
- Sudden difficulty finding words or speaking in clear sentences.
- Sudden blurred vision or loss of sight in one or both eyes.
- Sudden memory loss or confusion.
- Sudden dizziness, unsteadiness or a sudden fall, especially with any of the other signs.
- A sudden, severe headache.

Why act FAST?

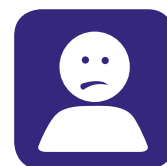
A stroke is a medical emergency. Always call **999 straight away**. Every second counts when you are having a stroke. The quicker the person arrives at a specialist stroke unit, the quicker they will receive appropriate treatment.

If you suspect a stroke, always call 999 at the first sign.

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Suspect a stroke? Act FAST. Call 999



Facial weakness

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



Arm weakness

Can the person raise both arms fully and keep them there?



Speech problems

Can the person speak clearly and understand what you say? Is their speech slurred?



Time to call 999

If you see **any one** of these signs.

Learn it. Share it. You could save a life.

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Association

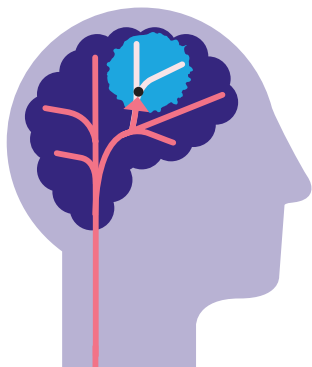
Finding **strength** through **support**

What is a stroke?

A stroke is a brain attack. It happens when the blood supply to part of the brain is cut off, killing brain cells. Damage to the brain can affect how the body works. It can also affect how you think and feel.

Most strokes are due to a blocked blood vessel in the brain. Some strokes are caused by bleeding in or around the brain from a burst blood vessel.

There are two main types of stroke



1. Ischaemic:

due to a blocked blood vessel in the brain. Ischaemic stroke is often referred to as a clot.



2. Haemorrhagic:

due to bleeding in or around the brain. Haemorrhagic stroke is often called a bleed.

Stroke can happen to anyone, of any age, at any time.

Find out more at
stroke.org.uk/symptoms



What is a TIA (transient ischaemic attack)?

A TIA (sometimes called a mini-stroke) is the same as a stroke, except that symptoms last for a short amount of time. In a TIA, a blood vessel in the brain gets blocked, but the blockage clears by itself.

Don't ignore it. It could be a warning sign of a stroke. **Call 999 straight away.** Getting treatment as soon as possible will reduce your risk of having a stroke.

If you think you might have had a TIA in the past and have not spoken to your GP, contact them as soon as possible.

Facts about stroke

- There are more than 100,000 strokes in the UK each year.
- Half of all stroke survivors are left with a disability. Over one-third are left dependent on others for everyday activities like getting dressed and shopping.
- Around one-third of stroke survivors have problems with speaking, reading, writing and understanding.

Stroke Association

Every day in the UK, another 240 people wake up to the catastrophic impact of a stroke. With strength, determination and the right support, recovery is possible. Our specialist support, research and campaigning are only possible with the help of the stroke community. With more donations and support from you, we can find strength through support.

Donate or find out more at stroke.org.uk