

# October 29<sup>th</sup> is World Stroke Day

Learn to recognize the signs of stroke

## Act **FAST** and save lives



### **F**ACE

Can the person **smile**? Does his/her mouth droop?



### **A**RMS

Can the person **raise both arms**?



### **S**PEECH

Can the person **speak clearly** and **understand** what you're saying?



### **T**IME

**Act FAST.** Get help.  
Every second counts.

Any one of the above could be a symptom of stroke.  
**Act FAST**, because receiving treatment quickly is vital for surviving a stroke.

Remember: stroke doesn't happen just once a year.

Let's make sure to keep spreading the message about F.A.S.T. every day!

Learn more at: [www.somesignssavelives.com](http://www.somesignssavelives.com)

# What are the risk factors for stroke?



Almost all the risk factors above are under your control.  
**It's up to you to take action!**