

Act FAST

and help save lives

Learn to recognize the signs of stroke

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



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.

Risk factors for stroke include:



High blood pressure



Lack of exercise



High cholesterol



Bad eating habits



Obesity



Stress



Smoking



Cardiac disorders



Alcohol use



Diabetes

October 29th is World Stroke Day

Learn more at: www.somesignssavelives.com