

# 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

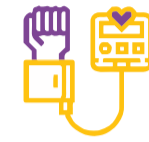
Can the person **speak clearly** and **understand** what you're saying?



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

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