# Know the Signs of a Stroke

Stroke is a medical emergency. Every second counts. Learn the physical symptoms to swiftly identify a stroke and save your life or the life of a loved one.



## **BALANCE**

Unable to walk or balance properly. Dizziness and/or lack of coordination



### **EYES**

Blurred or Affected Vision in one or both eyes



#### **FACE**

Drooping Face or palsy



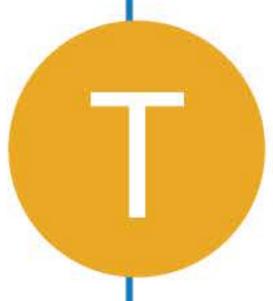
# **ARMS**

Weakness or Numbness.
Unable to lift or bend their arm
or make a fist.



# **SPEECH**

Slurred speech. Tongue may become weak or numb & Jaw muscle may not move.



## TIME

Call an Ambulance or Take to the hospital & call the hospital to alert them so they are prepared



BALANCE: Ask the person to walk a few steps

EYES: Ask if they can see with both eyes

FACE: Ask the person to smile

ARM: Ask the person to to raise both arms

SPEECH: Ask them to speak a simple sentence



Beyond B.E.F.A.S.T, there are a few other signs that you should watch out for:

- Numbness
- Vertigo
- Confusion
- Nausea/Vomiting
- Severe Headache

If you are at risk of stroke, always keep the nearest stroke ready hospital list handy.

Pin it on your fridge!

