

Act FAST

FAST is an easy way to remember and identify the most common symptoms of a stroke. Recognition of stroke and calling 999 will determine how quickly someone will receive help and treatment. Getting to a hospital rapidly will be more likely to lead to a better recovery.

Use FAST to Remember the Warning Signs of a Stroke

F

FACE: Ask the person to smile. Does one side of the face droop?



A

ARMS: Ask the person to raise both arms. Does one arm drift downward?



S

SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?



T

TIME: If you observe any of these signs, call 999 immediately.



Call 999 immediately if you observe any of these symptoms.

Note the time of the first symptom.

This information is important and can affect treatment decisions.