

Stroke is an emergency

The sooner a person is treated for stroke, the greater the chance of reducing damage to the brain.

Call 111 immediately if you think it's a stroke

Is it a Stroke?

Act FAST. Call 111

F

Face

Can the person smile? Is one side of their face drooping?

A

Arms

Can the person raise both arms? Is one arm weaker?

S

Speech

Can the person speak? Are the words jumbled or slurred?

T

Time

Act FAST and call 111 immediately! Time lost may mean brain lost.

Is it a Stroke?

Check it out the **F.A.S.T** way!

The clock is ticking...



www.stroke.org.nz

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STROKE
FOUNDATION
OF NEW ZEALAND INC

About stroke

A stroke is a brain attack. It can be fatal.

Stroke is caused by an interruption of the blood flow to the brain. This can happen when a blockage, such as a clot, blocks an artery in the brain, or when a burst blood vessel causes bleeding into the brain.

When the blood flow stops to a part of the brain, the cells in that area start to die straight away. As the cells die, the brain cannot work in the same way and this can affect a person's ability to walk, talk, eat or think properly.

Disabilities caused by a stroke can last a lifetime.

It is important to recognize when a person is having a stroke and to get them to hospital straight away.

The sooner medical treatment begins, the more likely brain cells can be saved and damage to the brain reduced.

The F.A.S.T check



Face

Smile - is one side drooping?



Arms

Raise both arms - is one side weak?



Speech

Speak - unable to? Words jumbled, slurred?



Time

Act fast and call 111! Time lost may mean brain lost.

If a person has one or more of these signs, call 111 straight away.

Other signs of stroke

- Sudden weakness or numbness on one side of the body
- Difficulty understanding what is being said, confusion
- Sudden vision problems in one or both eyes
- Sudden severe headache
- Sudden dizziness, loss of balance or an unexplained fall, especially with any of the other signs

Remember...

Acting FAST when you see signs of stroke is vital. The sooner a person is diagnosed and treated for stroke, the greater the chance of reducing damage to the brain and possibly saving their life.

Is it a stroke?

Act **F.A.S.T**

Call 111 immediately