

Is it a Stroke?

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

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.



CALL 111 IMMEDIATELY IF YOU THINK IT'S A STROKE

Ways to reduce your risk of stroke

- Get your blood pressure checked and if necessary treated
- Don't smoke
- Exercise regularly
- Limit your intake of alcohol
- Eat a healthy balanced diet, and reduce your salt intake control your weight
- Get your cholesterol checked and if necessary treated
- Find out if you have atrial fibrillation (rapid irregular heartbeat) and if necessary have it treated.