If you see **ANY** of the signs, call 111 immediately.
A stroke strikes suddenly.
Around 24 New Zealanders have a stroke each day – about six of those are aged under 65. A stroke will strike suddenly. Damage will move through the brain fast. But you can help, if you know the signs to look for, and think and act fast.

Know the signs of stroke. Think FAST.

**F**ACE
Is their face drooping on one side? Can they smile?

**A**RM
Is one arm weak? Can they raise both arms?

**S**PEECH
Is their speech jumbled or slurred? Can they speak at all?

**T**IME
Time is critical. Call 111.

Get help FAST, CALL 111. A stroke is an emergency.
Getting help fast can reduce damage to the brain and give someone a better chance of recovery.

stroke.org.nz