

# 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.

**B**

## BALANCE

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

**E**

## EYES

Blurred or Affected Vision in one or both eyes

**F**

## FACE

Drooping Face or palsy

**A**

## ARMS

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

**S**

## SPEECH

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

**T**

## TIME

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

## How to Confirm a Stroke

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

**If you are at risk of stroke, always keep the nearest stroke ready hospital list handy. Pin it on your fridge!**