



# Act F.A.S.T. against strokes.

May is National Stroke Awareness Month, and Baptist wants to remind everyone that recognizing signs of a stroke can reduce the chances of long-term disability.

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

**ARMS:** Ask the person to raise both arms. Does one side drift downwards?

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

**TIME:** If you observe any of these signs, call 9-1-1 immediately.

If treatment occurs within three hours of the first symptoms, the risk of long-term disability can be significantly reduced.