

# Know the signs of **STROKE**

**F**

**Face**

is it drooping?

**A**

**Arms**

can you raise both?

**S**

**Speech**

is it slurred or jumbled?

**T**

**Time**

to call 9-1-1

**Beat stroke**

**Call 9-1-1 FAST**

[heartandstroke.ca/FAST](https://heartandstroke.ca/FAST)

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