

Is it a **stroke?**

Know the signs — act **FAST**

Face



Ask them to smile.

Does the face look uneven?

Arms



Ask them to raise both arms.

Does one arm drift down?

Speech

*Sw dr do
dwday?*



Ask them to repeat a simple phrase.

Does their speech sound strange?

Time



Call **911 FAST!**



Stroke is an Emergency!

A stroke happens when the blood supply to the brain is cut off or interrupted by a clot or a burst blood vessel. Brain cells quickly begin to die without oxygen and nutrients.

Treat stroke symptoms as an emergency. Call 911. Get to the clinic/hospital as soon as possible if any of the following symptoms occur ...

- Sudden weakness on one side of your body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing
- Sudden trouble walking or loss of balance
- Sudden severe headache without cause

Call 911 or the emergency number in your area for an ambulance. If you live in a rural area far from the clinic, have someone drive you to meet the ambulance en route.



1-888-465-3140
www.takeheart.alaska.gov