## REMEMBER THIS ACRONYM:

## BEFAST

## **HOW TO SPOT A STROKE**

Sudden loss of balance, **BALANCE** coordination or falling? Sudden loss of vision **EYES** in one eye or both? Or double vision? Does the face look uneven **FACE** or droop on one side? Ask the person to smile. Does one arm drift down? **ARMS** Ask them to raise both arms. Does the speech sound **SPEECH** slurred? Ask them to repeat a phrase. Time is critical. Every

minute counts. Get

medical help immediately.



TIME