

# B.E. F.A.S.T.

## BALANCE

Is the person having trouble walking?  
Loss of balance or coordination,  
dizziness.

## EYES

Is the person having trouble seeing?  
Change in vision in one or both eyes.

## FACE

Ask the person to smile.  
Does one side of the face droop?

## ARMS

Ask the person to raise both arms.  
Does one arm drift downward?

## SPEECH

Ask the person to repeat a simple phrase.  
Is their speech slurred?

## TIME

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

Knowing the signs for stroke and acting in a timely manner can improve chances of survival and lessen the impact of recovery time.

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