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

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

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

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

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

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

**T**ime
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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