

Recognizing a Stroke

If you suspect that you or someone else is having a stroke, **phone 999** immediately and ask for an ambulance.

The main stroke symptoms can be remembered with the word FAST:
Face-Arms-Speech-Time

- FACE: their face may have fallen on one side and perhaps they cannot smile
- ARMS: they may not be able to raise both arms and keep them there or there may be numbness or weakness
- SPEECH: their speech may be slurred
- TIME: if any of these symptoms are seen, it is time to act fast and ring 999

The quicker someone with a stroke receives treatment the more successful it is.

The symptoms of a transient ischaemic attack are the same as for a stroke but only last from between a few minutes to a few hours, then completely disappear. Do not ignore as a transient ischaemic attack may warn of a stroke in the future so requires investigation.

See NHS Direct <https://www.nhs.uk/conditions/stroke/symptoms/>