

Stroke is a medical emergency. Call for help right away.



*Stroke is highly treatable
in the first 3 to 4½ hours.*

*Every second counts.
Every minute matters.*

If you or someone with you is experiencing stroke symptoms, remember to **Think F-A-S-T**

F

is for **facial weakness**. Does the person's face look uneven when asked to smile?

A

is for **arm and leg weakness**. Does one arm drift down when the person raises both arms and holds them in front of his or her body?

S

is for **speech problems**. Does the person's speech sound strange when asked to repeat a simple phrase such as, "You can't teach an old dog new tricks"?

T

is for **time**. If you notice any of these signs, act FAST! Time is critical.

Call 9-1-1.



For more information about strokes, visit the North Dakota Heart Disease and Stroke Prevention Program website at www.ndhealth.gov/heartstroke.

