

# If you think someone is having a stroke get help quickly

A stroke is a serious illness that stops your brain working properly. You need to get help quickly if you spot any one of the signs of a stroke. The letters F.A.S.T. help you remember what to look out for:



## F for Face

Has their face fallen on one side?  
Can they smile?



## A for Arms

Can they lift both their arms and keep them there?



## S for Speech

Has their speech changed? Is it slurred?



## T for Time to call 999

If you see one or more of these signs, **call 999** for an ambulance straight away. You should do this even if you are not sure.

You can find out more at  
[nhs.uk/ActFAST](https://www.nhs.uk/ActFAST)

**Act  
F.A.S.T.** help us  
help you