Shark Team

sharkteam.app/stroke

Signs of a stroke: BE FAST

A stroke is an emergency. If you see any ONE of these signs, call 911 right away.

B — Balance
Sudden loss of balance or coordination? Dizzy, stumbling, can't walk?

E — Eyes
Sudden blurred or double vision, or loss of sight in one or both eyes?

F — Face
Ask them to smile. Does one side of the face droop or feel numb?

A — Arms
Ask them to raise both arms. Is one weak or numb? Does one drift down?

S — Speech
Ask them to repeat a simple sentence. Is it slurred or strange?

T — Time
Time to call 911. Note the time the signs started.

CALL 911

Don't drive them to the hospital: an ambulance can start care on the way.
Note the time the signs started. Even if the signs go away, call.

FOR THE 911 CALL

Home address _____

Name _____ **Date of birth** _____

Allergies _____

Takes blood thinners? Yes / No **Which** _____

Doctor _____ **Phone** _____

Warning signs from the American Stroke Association's B.E. F.A.S.T. (stroke.org). Other sudden signs: numbness or weakness on one side, confusion, trouble understanding, or a severe headache with no known cause. Free printable from Shark Team. General information only, not medical advice.