

BEFAST

FOR WARNING SIGNS OF STROKE

SUDDEN ONSET of any ONE of the following:

- **B – BALANCE** (loss of balance/coordination – inability to stand/walk)
- **E – EYES** (blurred/loss of vision in one or both eyes)
- **F – FACE** (one-side face droops when smile)
- **A – ARMS** (one arm won't raise up/straighten out/weakness)
- **S – SPEECH** (sudden slurred, garbled or no speech)
- **T – TIME to Call 911**
- **IF YOU THINK IT COULD BE A STROKE, NO Aspirin, water, food – NOTHING IN MOUTH!!!**