


BEFASTT to Recognize the Signs of Stroke

Stroke is the No. 1 cause of disability and among the five leading causes of death. During a stroke you or a loved one may have one symptom or many. **Know the signs.**



B	E	F	A	S	T	T
Balance	Eyes	Face	Arm	Speech	Terrible headache	Time
Loss of balance	Trouble seeing	Face drooping	Arm or leg weakness	Slurred speech	Worst headache of your life	Time to call 911

A stroke is a medical emergency.

If you or someone close have one or more stroke symptoms, call 911 right away.

Do not eat, drink or take any medication.

Stroke medication can only be given at a hospital within a short window of time. Fast treatment can be the difference between a lifelong severe disability or a full recovery.

When in doubt, check it out. Time lost is brain lost.

INTEGRIS
HEALTH