May

May Is Stroke Awareness Month

F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to call 9-1-1 for help right away. F.A.S.T. is:

**Face** Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

**Arm** Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**Speech** Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

**Time** to call 9-1-1 – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Click here to learn more about stroke warning signs and symptoms:
http://strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms_UCM_308528_SubHomePage.jsp