

BE FAST stroke warning card

Cut out the card or save a screenshot. This is education, not diagnosis; for sudden stroke symptoms, call emergency services.

STROKE WARNING CARD

BE FAST

Sudden neurological symptoms are an emergency. Call emergency services now.

B

Balance: sudden loss of balance or coordination

E

Eyes: sudden trouble seeing in one or both eyes

F

Face: drooping, numbness, or an uneven smile

A

Arms: weakness or numbness, often on one side

S

Speech: slurred speech or trouble finding words

T

Time: call now; note when symptoms started

Even if symptoms pass, get emergency care. A brief episode can be a TIA warning.