



# **ACT F.A.S.T. IF YOU THINK SOMEONE IS HAVING A STROKE**

# What is a stroke?



A **stroke** is a serious illness that stops your brain working properly.



A stroke can affect how people look, talk, walk or use other parts of their body.



If you think someone is having a stroke, you should **phone 999** and ask for an ambulance straight away.



It is very important they get help right away as they are more likely to get better.



This leaflet tells you about the signs of a stroke to look out for.



## What are the signs of a stroke?

**F.A.S.T.** helps you remember the signs to look out for if you think someone is having a stroke.



### **F for Face**

Has their face drooped on one side?  
Can they smile?



### **A for Arms**

Can they lift both their arms and keep them there?



### **S for Speech**

Has their speech changed?  
Is it slurred?



### **T for time to call 999**

If you see one or more of these signs, **phone 999** for an ambulance straight away. You should do this even if you are not sure.

## About mini-strokes



Some people have a small stroke, sometimes called a **mini-stroke**.



These are like strokes but after a mini stroke you get better in a day or two.



The signs are the same as for a stroke, but may not be as bad.



If you see someone having one of these, you still need to phone 999 for an ambulance straight away.



And if you think you have had a mini-stroke in the past, you should see your doctor.



## How can you avoid a stroke?



Some people with illnesses like diabetes or high blood pressure are more likely to have a stroke.



If you have these illnesses you should see your doctor regularly.



There are also things you can do to give you the best chance of not having a stroke:



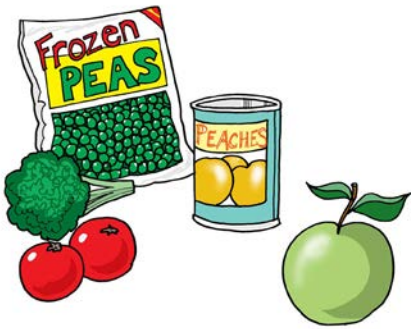
- Stop smoking



- Try to stay a healthy weight



- Get more exercise



- Eat healthy food



- Do not drink too much



## How to find out more

You can find out more on our website: [www.nhs.uk/actfast](http://www.nhs.uk/actfast)



This leaflet is an easy read version of another leaflet about the signs of a stroke.



If you want to order copies of this leaflet in different formats, email: [enquiries@phe.gov.uk](mailto:enquiries@phe.gov.uk)



Remember, if you think someone is having a stroke, **phone 999** straight away.

## Think F.A.S.T.

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