

# FAST

Facial  
weakness



Arm  
weakness



Speech  
problems



Time  
to call 999



Every second counts when  
you're having a **stroke**

A stroke can strike anyone, of any age, at any time.

Do the FAST test.

Don't wait and always call **999** if you see any  
one of these signs.

**Learn it. Share it. You could save a life.**

Together we can conquer stroke

**Stroke**  
association

# Did you know?



## Did you know?

There is a stroke in the UK every **five minutes**, and every **13 minutes** someone in the UK loses their life to stroke.

By knowing the FAST test, you can recognise stroke if it happens to you or someone around you, and get the medical help needed as soon as possible.

Acting FAST will give the person having a stroke the best chance of survival and recovery.

## Test your FAST knowledge

### What does FAST stand for?

- Fast/Action/Slurred/Tongue
- Face/Arms/Speech/Time
- Face/Arms/Slow/Talking

## Do you know how to do the FAST test?

Watch our FAST video and find out.



**Remember – any one of the FAST symptoms means it is time to call 999.**



## Phillipa's story

**Phillipa, 50**, was going about her normal routine, when she became dizzy and disoriented, forcing her to lie down and call out.

Her daughter, Beth, explains: "As soon as I found mum on her bed, I knew instantly that she was having a stroke. I remembered seeing the FAST advert on TV, and remembered the woman's face on the advert, how it was drooping on one side."

Despite Phillipa telling her daughter that she did not need an ambulance, Beth followed the FAST test and got her mum to hospital where she received vital treatment.

After her stroke, Phillipa lost most of the movement in the left side of her body, but because Beth acted FAST, Phillipa has since been able to strengthen her mobility and now teaches for three full days a week.

By knowing FAST and recognising stroke, Beth may well have saved her mum's, life. Phillipa says: "I think that this goes to show just how powerful the FAST advert is – especially for a teenager to recognise the signs and react so quickly."

# Other symptoms of stroke

The **FAST test** helps to spot the three most common symptoms of stroke. But there are other signs that you should always take seriously. **These include:**

- sudden weakness or numbness on one side of the body, including legs, hands or feet
- difficulty finding words or speaking in clear sentences
- sudden blurred vision or loss of sight in one or both eyes
- sudden memory loss or confusion, and dizziness; or a sudden fall
- sudden, severe headache.

**If you spot any of these signs of a stroke, don't wait. Call 999 straight away.**



Ambulance paramedics are trained in stroke, and will take the person to the best hospital for specialist treatment.

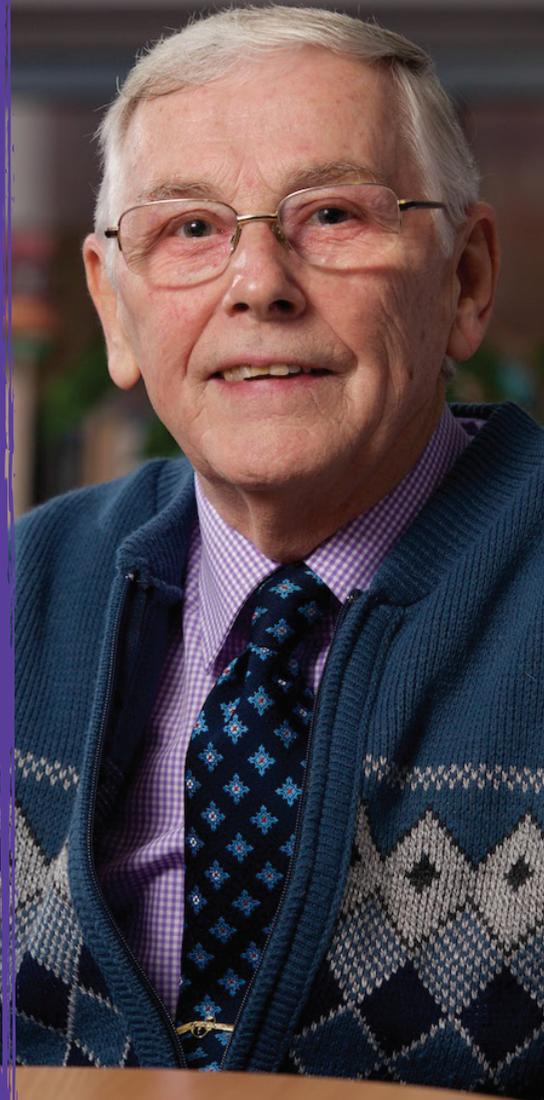
# Alan's story

## Would you recognise stroke in yourself?

Alan had a stroke at home in 2013. He had been feeling unwell before he went to bed, and realised something was wrong the following morning. His face had fallen on the left side and he couldn't smile. He remembered seeing FAST on television and knew he had to call an ambulance, but couldn't shout for his wife as his speech was slurred.

He struggled to get down stairs and managed to attract the attention of his wife, who called 999 immediately. Alan has now regained his speech and can walk confidently again.

Alan said: "During the early symptoms of my stroke the FAST advert came to mind, making me realise early that I was having a stroke. I believe having the knowledge of this simple test, gave my family and I the tool to act on my symptoms, which eventually allowed me to make a good recovery."



# Could you help to save a life?

Help us spread the FAST message!

 Post on your Facebook

 Post on your Twitter

You can keep the **FAST** message with you wherever you go.

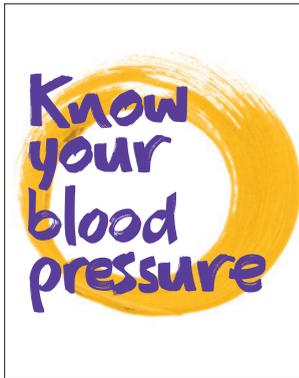
Order your **free FAST** wallet cards [here](#)

They come in pairs so that you can keep one and pass one on to a friend or family member.



# Do you know your stroke risk?

Did you know that the biggest modifiable risk factors for stroke are high blood pressure and type of irregular heartbeat called atrial fibrillation (AF)?



You can get your blood pressure checked by your local pharmacist, your GP or at one of our free Know Your Blood Pressure events.



Find an event close to you on our events map:



You can find out more about atrial fibrillation and other risk factors [here](#)

If you have had a stroke, you can find support [here](#)



# Support our work

We are the UK's leading stroke charity.

We rely on your support to change lives and prevent stroke.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Amount you would like to donate:

£10  £25  £50  Other (Please fill in the amount here)

To make a gift by phone, call now **01604 687777**.

How would you like us to keep in touch?

If you would be happy for us to contact you by email or telephone please complete the boxes below.

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

If you do not want us to write to you again, please tick this box

Please enclose a cheque payable to **Stroke Association** OR please debit my  MasterCard  Visa  CAF CharityCard

Card Number:     /     /     /

Expiry Date:   /

Signature: \_\_\_\_\_

Date:   /   /

Tick a box. Make your gift worth 25% extra

I am a UK taxpayer and would like to Gift Aid this donation and any donations I have made in the past four years, or I make in the future to the Stroke Association. I understand that if I pay less Income Tax and/or Capital Gains Tax each tax year (6 April to 5 April), than the amount of Gift Aid claimed on all of my donations, it is my responsibility to pay any difference.

Date:   /   /

Sorry, I am not a UK taxpayer, and therefore cannot take part in Gift Aid.

*giftaid it*

Please send this donation form and your gift to:

FREEPOST RRZA-KCEU-UKSB, Stroke Association

1 Sterling Business Park, Salhouse Road, Northampton NN4 7EX

Thank you for your support

## **We are the Stroke Association**

We believe that stroke can and should be prevented. It's why we fund research to develop new treatments and ways to prevent stroke. It's why we raise awareness and give people the information they need to reduce their risk of having a stroke. We'd rather no one had a stroke at all, but if they do, we're with them every step of the way to make the best recovery they can.

**Stroke Helpline:** 0303 3033 100

**Website:** [stroke.org.uk](http://stroke.org.uk)

**Email:** [info@stroke.org.uk](mailto:info@stroke.org.uk)

**From a textphone:** 18001 0303 3033 100

*Together we can conquer stroke*