



YOU need to act **FAST!**
Get treatment in the
VITAL GOLDEN HOUR

TIME is **VALUABLE**

There are 1.2 million stroke survivors in the UK

Remember not all patients will be FAST positive; so if in doubt please visit your local A&E or dial 111

RECOGNISING A STROKE

FAST – the face may have dropped on 1 side, the person may not be able to smile, or their mouth or eye may have dropped.

ARMS – the person with suspected stroke may not be able to lift both arms and keep them there because of weakness or numbness in 1 arm.

SPEECH – their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake; they may also have problems understanding what you're saying to them.

TIME – it's time to *dial 999* immediately if you see any of these signs or symptoms.

What **NOT** to do:

Make sure the patient does not eat or drink anything

Yn falch o weithio gyda | Proudly working with

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<https://www.stroke.org.uk/>
<https://stroke.wales/>