More than 795,000 people in the United States have a stroke each year. When you know what signs to look for, you can help someone having a stroke get the emergency medical help they need.

**B.E. F.A.S.T.**

**HOW TO RECOGNIZE THE SIGNS OF STROKE**

B: BALANCE
Do they have loss of balance or are they dizzy? Are they walking differently?

E: EYES
Can they see out of both eyes OK? Ask them if they have sudden vision loss or blurry or double vision.

F: FACE
Does one side of their face look uneven or like it is drooping? Ask them if their face feels numb. Tell them to smile and check if their smile is uneven.

A: ARMS
Does one of their arms feel numb? Ask them to raise both arms and see if one arm drifts downward.

S: SPEECH
Is their speech hard to understand? Do they seem confused? Are they having trouble understanding you?

T: TIME TO CALL 911
If someone has any of these warning signs, call 911. Note the time the first symptoms appeared, and share that information with the first responders.

Sources:
- https://www.stroke.org
- http://www.strokecenter.org

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