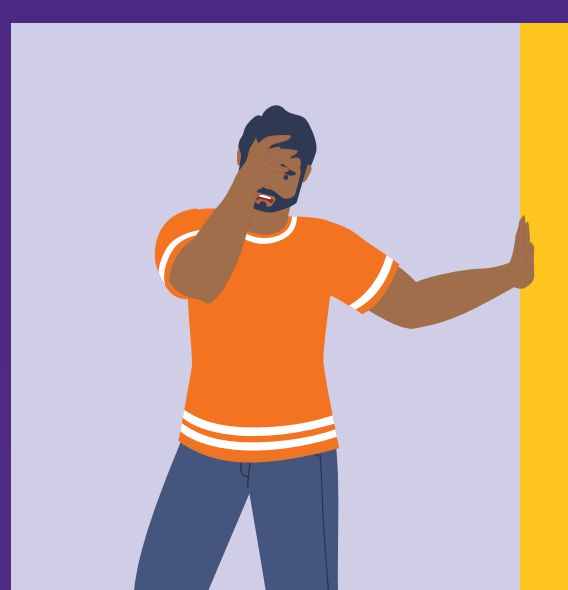


B.E.F.A.S.T.

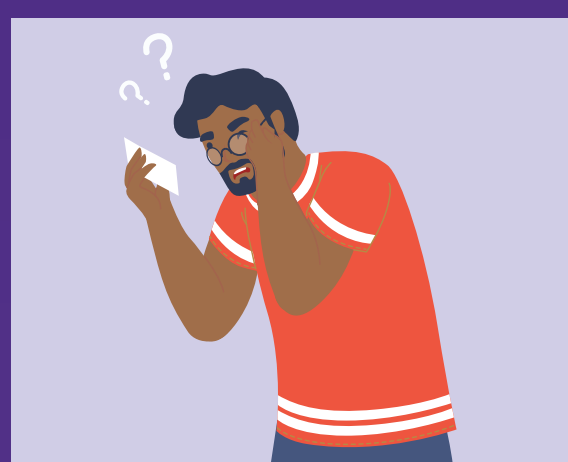
How to recognize the signs of stroke

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: 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.



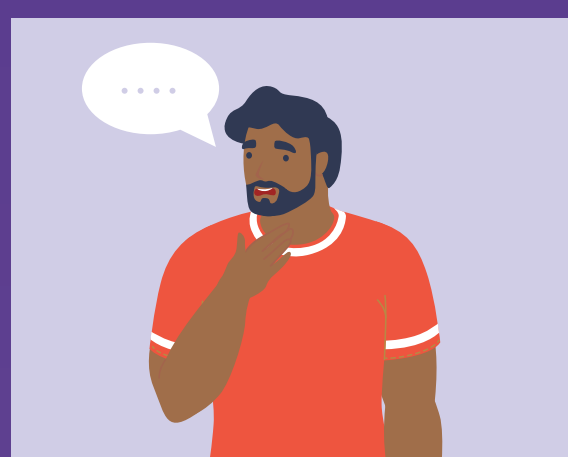
F: FACE

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 or weak?
Do they have weakness or difficulty lifting their arm or leg on the same side of the body?



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.