

BE PREPARED IN AN EMERGENCY:

LEARN **HANDS-ONLY™ CPR** AND HOW TO **SPOT A STROKE F.A.S.T.**

## SPOT A STROKE **F.A.S.T.**

It could save a life, possibly yours.



**FACE DROOPING** — Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

**ARM WEAKNESS** — Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**SPEECH DIFFICULTY** — Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

**TIME TO CALL 9-1-1** — If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

**BEYOND F.A.S.T. — OTHER SYMPTOMS YOU SHOULD KNOW** — Sudden numbness or weakness of the leg, sudden confusion or trouble understanding, sudden trouble seeing in one or both eyes, sudden trouble walking, dizziness, loss of balance or loss of coordination and/or sudden severe headache with no known cause.

[StrokeAssociation.org/WarningSigns](http://StrokeAssociation.org/WarningSigns)

1-888-4-STROKE



To help you remember F.A.S.T., download this free mobile application for your phone today.

# TWO STEPS TO STAYING ALIVE

with **HANDS-ONLY™**  
**CPR**



Call 9-1-1



Push hard and fast  
in the center of the chest  
*to the beat of  
"Stayin' Alive" by the Bee Gees*

Hustle to [www.heart.org/handsonlycpr](http://www.heart.org/handsonlycpr) to watch  
a 60-second video to learn how to save a life.



American  
Heart  
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**CPR & First Aid**

[www.heart.org/handsonlycpr](http://www.heart.org/handsonlycpr)



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