

**STROKE
WARNING SIGNS**

A stroke occurs when blood stops flowing to any part of the brain, damaging brain cells. It is a medical emergency and very time-sensitive. Heart and Stroke recommends using the FAST method to determine if you or someone you know is suffering a stroke. FAST stands for:

- Face: is it drooping?
- Arms: can you raise both?
- Speech: is it slurred or jumbled?
- Time: to call 911 right away.