FAST

Facial weakness



Arm weakness



Speech problems



Time to call 999



Learn it. Share it. You could save a life.

Lower your risk of stroke



Know your blood pressure

Get your blood pressure checked and take steps to control it. High blood pressure is a contributing factor in over half of all strokes.



Check your pulse

Atrial fibrillation (AF) is a type of irregular heartbeat that can increase your risk of stroke by up to five times.



Don't ignore symptoms which pass

Treat any stroke symptoms as a medical emergency, over 25% of people who have a stroke have had a previous stroke or TIA.

For more information on the FAST test visit stroke.org.uk/FAST

For more information visit **stroke.org.uk** or call our helpline on **0303 3033 100**.



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