Stroke: every minute counts

Act F.A.S.T.

Be Prepared! Know the signs and symptoms of a stroke and have a plan!

Face Does the face look uneven? Ask the person to smile.

Arm Does one arm drift down? Ask the person to raise both arms.

Speech Does their speech sound strange? Ask the person to repeat a simple phrase, for example, “The sky is blue.”

Time If you observe any of these signs, then it’s time to call 9-1-1.

Do Not Wait! Call 9-1-1 or let someone do it for you.

Don’t Drive! People who arrive in an ambulance get care faster.

Act FAST You have a better chance of getting back to normal if you act FAST and call 9-1-1.

For more information, call (866) 260-7544 or go to www.LakelandHealth.org

Lakeland is proud to have earned the Gold Seal of Approval™ for Primary Stroke Centers from The Joint Commission. This distinction recognizes centers that make exceptional efforts to foster better outcomes for stroke care.