



# Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church



## Think FAST to Save Lives

A stroke strikes every **40 seconds**—making it a leading cause of long-term disability and the **#5 cause of death** in the U.S. Fortunately, **FAST** action can help save a life or minimize a stroke’s long-term effects.

Knowing the warning signs—and acting quickly—can make all the difference.

### Think FAST

Know these stroke signs and actions:

<b>F</b>	<b>Face drooping or numb—especially on one side</b> Ask the person to smile—is their smile uneven?
<b>A</b>	<b>Arm weakness or numbness—especially on one side</b> Ask the person to raise both arms—does one arm drift down?
<b>S</b>	<b>Speech difficulty—slurring or garbled</b> Ask the person to repeat a simple sentence—can you understand them?
<b>T</b>	<b>Time to call 9-1-1</b> Get help immediately—even if symptoms go away. A mini-stroke (TIA or transient ischemic attack) may last just a few minutes but can indicate a major stroke risk in the future. It’s also helpful to note the time that symptoms first appear so you can tell paramedics when they arrive.

Stroke strikes quickly and often on one side of the body. These additional symptoms can help you recognize when someone is having a stroke.

- Sudden numbness or weakness affecting the face, arm or leg
- Sudden confusion or trouble speaking
- Sudden difficulty seeing—one or both eyes
- Sudden difficulty walking
- Sudden dizziness or loss of balance/coordination
- Sudden severe headache

### Act Quickly

Call **911** immediately if you witness any of these symptoms—even if they stop after a few minutes. Quick action and medical intervention can help minimize damage to the brain and may even save someone’s life.

### Learn More

Visit these resources:

- **American Stroke Association**  
[strokeassociation.org](http://strokeassociation.org)  
**1-888-4-STROKE (1-888-478-7653)**
- **American Heart Association**  
[heart.org](http://heart.org)  
**1-800-AHA-USA-1 (1-800-242-8721)**
- **Wespath**  
[wespath.org](http://wespath.org)

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