

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

*It could save a life, possibly yours.*

[www.facearmspeechtime.com](http://www.facearmspeechtime.com)

## What is a Stroke?

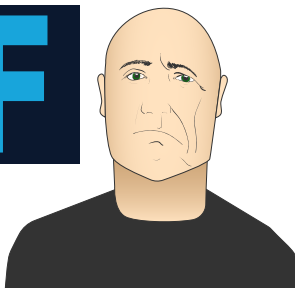
A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts.

When this happens, part of your brain cannot get the blood and oxygen it needs and starts to die. If this lasts for long, it can cause permanent damage.



## A Quick and Easy way to Recognize the SIGNS OF STROKE

# F



FACE DROOPING

# A



ARM WEAKNESS

# S



SPEECH DIFFICULTY

# T



TIME TO CALL 911

### SYMPTOMS TO WATCH OUT FOR

- Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- 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?

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 symptoms first appeared.

### 🔍 DID YOU KNOW 🔍

#### In 2015...

- According to the CDC, South Carolina had the 7th highest mortality rate in the nation.
- More than 2,600 people in South Carolina died from a stroke.
- 20,532 people were treated for stroke in South Carolina. Of those, there were 5,520 emergency department visits and 15,012 hospitalization discharges.
- Hospitalization costs due to stroke totaled more than \$805 million in 2015 for South Carolina.

\* SCDHEC. State of the Heart: Heart Disease in South Carolina. Retrieved from: <http://www.scdhec.gov/Library/ML-002149.pdf>