

Learn The Warning Signs of a Stroke

A stroke happens when blood flow to the brain is interrupted — and every second without oxygen can cause permanent damage. Knowing what a stroke is and how it affects the brain is the first step toward faster recognition and better outcomes.



BALANCE LOSS

Is the person suddenly unsteady or dizzy? Are they struggling to walk or keep their balance?

EYESIGHT CHANGES

Is there sudden vision loss or blurriness in one or both eyes? Do they report double vision?

FACE DROOPING

Is one side of the face dropping? Look at their eye, cheek or lips to check for any unusual asymmetry or droopiness.

ARM WEAKNESS

Is the person experiencing arm weakness? Ask them to raise both arms and check for one arm that seems lower than the other.

SPEECH DIFFICULTY

Is the person's speech slurred, or are they speaking in an unintelligible way?

TIME TO CALL 911

It's time to call 911 or your local emergency services. Be sure to tell them you think it's a stroke.

Other important warning signs to be aware of are:

- The person seems to be having trouble understanding you or speaking coherently.
- The person appears to be confused, have trouble seeing or walking.
- The person is experiencing a painful headache.
- The person is experiencing numbness on their face, arm, legs, or a specific side of their body.

Stroke symptoms can appear suddenly, and time is critical. When brain cells are deprived of oxygen, they begin to die within minutes. Understanding and being aware of the warnings signs of a stroke — as well as acting B.E.F.A.S.T. — could save a life and make recovery easier for the survivor.