

Mini Stroke: The Act FAST Sheet

The five B.E. F.A.S.T. signs, what to do in the first minutes, and the mistakes that waste the warning.

✓ **Verified against published guidance** from Mayo Clinic, CDC & Cleveland Clinic · sources below

Any sudden sign below: call 911 right away, even if it fades. Note the time it started.



Do This

Balance: Watch for Sudden Dizziness

- Off-balance out of nowhere
- Sudden trouble walking
- Loss of coordination

COACH'S TIP Sudden and unexplained is what counts.

Eyes: Check Their Vision

- Trouble seeing normally
- Double vision counts
- One eye or both

COACH'S TIP Ask one question: can you see normally?

Face: Ask for a Smile

- One side droops
- Uneven smile
- Face numbness

COACH'S TIP The smile test takes five seconds.

Arms: Ask Them to Raise Both

- One arm drifts down
- Usually one side of the body
- Weakness or numbness

COACH'S TIP Watch for the drift, not just the lift.

Speech: Have Them Repeat a Phrase

- Slurred or strange speech
- A simple phrase is the test
- Trouble understanding

COACH'S TIP Trouble speaking OR understanding counts.

Time: Call 911, Note the Clock

- Call at the first sign
- Say the word stroke
- Write down the start time

COACH'S TIP The start time steers treatment decisions.



Do Not

Do Not Wait It Out

- Fading symptoms still count
- Call while it is happening
- A TIA needs medical help

COACH'S TIP Relief is the most dangerous symptom.

Do Not Drive Yourself

- Ambulance care starts en route
- Call 911 instead
- Crews respond if it returns

COACH'S TIP An ambulance is not just a ride.

Do Not Skip the ER After It Passes

- 1 in 3 TIAs lead to stroke
- Warning window: hours to days
- About half within a year

COACH'S TIP The evaluation is the prevention.

Do Not Explain It Away

- Not just a dizzy spell
- Sudden means suspect stroke
- Not just tired eyes

COACH'S TIP Let the ER rule things out, not you.

Do Not Ignore a Repeat Episode

- TIAs can happen again
- A prior TIA raises stroke risk
- Symptoms may differ

COACH'S TIP Each one is a fresh emergency.

Do Not Neglect the Follow-Up

- Treat blood pressure
- Cholesterol, diabetes, smoking
- 140/90 and up raises risk

COACH'S TIP Treating the cause is how the stroke is prevented.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

About 1 in 3 People who have a TIA eventually have a stroke

About half Of those strokes arrive within a year of the TIA

3 hours The window for the stroke treatments that work best