

LEARN TO RECOGNIZE A STROKE.  
BE A HERO. SAVE A LIFE.

HOUSTON  
**Methodist**<sup>®</sup>  
NEUROLOGICAL INSTITUTE

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# THINK **F.A.S.T.**



## **F**ACE

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



## **A**RMS

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



## **S**PEECH

Does their speech sound strange?  
Ask the person to repeat a simple phrase.



## **T**IME

If you observe any of these signs, it's time to call 911 and to be taken to the nearest emergency room.

**DO NOT DELAY. DO NOT DRIVE YOURSELF. DO CALL 911.**