

Recognising a Stroke

Body & health

The four-letter check, and why every minute counts.

FAST. Any one sign is enough to call emergency services.

Face

1

Ask them to smile. Has one side dropped?

Arms

2

Ask them to raise both arms. Does one drift down?

Speech

3

Is it slurred, or are they struggling to find words?

Time

4

Call emergency services immediately. Note when symptoms started.

ALSO POSSIBLE

Sudden severe headache with no cause

Sudden loss of vision in one eye

Sudden loss of balance or coordination

Numbness on one side

Educational reference. Symptoms that resolve within minutes still need emergency assessment — a TIA often precedes a stroke.