

Know the Signs of a Stroke

If you think you're having a stroke or witnessing one, call 9-1-1 immediately.

Use **F.A.S.T.** to memorize the signs.

Source: American Stroke Association

Face drooping

Does one side of the face droop or is it numb? Is the person's smile uneven?

Arm Weakness

Is one arm weak or numb? Does one arm drift downward?

Speech Difficulty

Is speech slurred? Can the person repeat sentences correctly?

Time to call 9-1-1

If someone shows any of these symptoms, call 9-1-1 immediately.

Wishing you joy and good health,
Mary Bohlen RN
SJParishNurse@comcast.net