

## Health Topic of the Month

### When Stroke Strikes Act F.A.S.T.

Stroke is the fourth single leading cause of death in the UK and the single largest cause of complex disability. However, prompt recognition of symptoms ensures that people having a stroke can get emergency treatment earlier, giving them the best chance of survival and recovery.

**Think and Act F.A.S.T.** if you see any single one of these signs of a stroke:

**Face** - has their face fallen on one side? Can they smile?

**Arms** - can they raise both arms and keep them there?

**Speech** - is their speech slurred?

**Time** - even if you're not sure, call 999

**When stroke strikes Act F.A.S.T. Call 999.**

Act **FAST** and call 999.



Acting FAST will give the person having a stroke the best chance of survival and recovery.  
Always call **999** straight away.

Ambulance paramedics are trained in stroke, and will ensure the person receives emergency medical care and specialist treatment.

#### PPG Contact Details

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(Please note we cannot deal with any medical or personal matters.

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