

**F** Face. Ask the person to smile. A stroke can cause one side of the face to droop. An abrupt, severe headache can also be a warning sign.

**A** Arms. Ask the person to raise both arms. If one arm drifts downward that could signal a stroke which can trigger weakness, numbness, or paralysis of an arm or leg.

**S** Speech. Ask the person to repeat a simple sentence. It may be that the person slurs their words, has trouble speaking or understanding speech or not able to speak at all.

**T** Time. If the person has any of these symptoms, call 9-1-1. A stroke is a life or death situation and every minute counts.