



THINK IT'S A STROKE? ACT **F.A.S.T**

FACE DROOPED ON ONE SIDE?
ARM WEAKNESS?
SPEECH SLURRED?
TIME IS CRITICAL.

**ANY ONE OF THESE SYMPTOMS
COULD BE A STROKE.
EVERY SECOND COUNTS.**

CALL 999

 **Chest Heart &
Stroke Scotland**

VISIT **CHSS.ORG.UK**



**Scottish
Ambulance
Service**

Working in Partnership with Universities

ACT F.A.S.T

STROKE IS A MEDICAL EMERGENCY.

CALL 999

**EVERY SECOND COUNTS
WHEN YOU ARE HAVING A STROKE.**

A stroke can happen to anyone at any time. Around 11,000 people in Scotland have a stroke each year and an estimated 136,000 people in Scotland are living with the impact of a stroke.

FAST highlights three of the most common signs of a stroke and the need to take emergency action immediately. It is essential that people recognise a stroke when it's happening and call 999.

By calling 999 you can help someone reach hospital quickly and receive the emergency medical care and specialist treatment they need.

Acting F.A.S.T saves lives and gives stroke survivors the best chance of recovery which could reduce the long-term effects of stroke such as a disability. Delay can result in death or major long-term disabilities such as paralysis, severe memory loss and communication problems.

Make sure you know the signs and symptoms of stroke and remember to Act F.A.S.T



WE ARE HERE TO HELP.

If you are affected by stroke please contact our **Advice Line** on **0808 801 0899** or email **adviceline@chss.org.uk** to find out more about how we can help you and your family.