



**If you think someone
is having a stroke
get help quickly**

EasyRead version

**Act
F.A.S.T.**

help us
help you



What is a stroke?

A **stroke** is a serious illness that stops your brain working properly.



A stroke can affect how people look, talk, walk or use other parts of their body.



If you think someone is having a stroke, you should **call 999** and ask for an ambulance straight away.



It is very important they get help right away as they are more likely to get better.



This leaflet tells you about the signs of a stroke to look out for.



What are the signs of a stroke?

F.A.S.T. helps you remember the signs to look out for if you think someone is having a stroke.



F for Face

Has their face fallen on one side?
Can they smile?



A for Arms

Can they lift both their arms and keep them there?



S for Speech

Has their speech changed?
Is it slurred?



T for Time to call 999

If you see one or more of these signs, **call 999** for an ambulance straight away. You should do this even if you are not sure.



About mini-strokes

Some people have a small stroke, sometimes called a **mini-stroke**.



The signs are the same as for a stroke but normally only last a few minutes.



If you see someone having one of these, you still need to **call 999** for an ambulance straight away.



And if you think you have had a mini-stroke in the past, you should see your doctor.

How can you avoid a stroke?



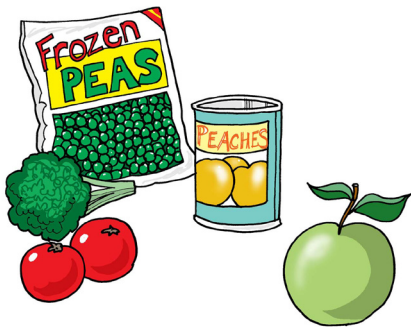
Some people with illnesses like high blood pressure, irregular heartbeat and diabetes are more likely to have a stroke.



If you have these illnesses you should see your doctor regularly.



To give you the best chance of not having a stroke:



- Eat healthy food



- Get more exercise



How to find out more

You can find out more on our website at [nhs.uk/actfast](https://www.nhs.uk/actfast)



This leaflet is an easy read version of another leaflet about the signs of a stroke.



Remember, if you think someone is having a stroke, **call 999** straight away.