

Strike Out Stroke

Learn the warning signs and act fast.

B



BALANCE

- Trouble walking or dizziness.
- Severe headache with no known cause.

E



EYES

- Trouble seeing in one or both eyes.
- Blurred or double vision.

F



FACE

- Ask the person to smile.
- Does one side of the face droop?

A



ARMS

- Ask the person to raise both arms.
- Is there numbness and/or weakness?

S



SPEECH

- Ask the person to repeat a simple phrase.
- Is the speech slurred or strange?

T



TIME

- Call 911 immediately if you or someone you know experiences any of these symptoms.



Virginia Mason
Franciscan Health[®]

Sports Medicine Provider of the Mariners