

Every Second Counts: Recognizing the Signs of Stroke

What is a Stroke?

A stroke is a medical emergency that happens when blood flow to part of the brain is blocked or reduced. Immediate treatment can help protect brain tissue, reduce disability, and save lives. Recognizing the warning signs can help you act fast if you or someone else may be having a stroke.

Did You Know?

According to the Centers for Disease Control & Prevention (CDC)¹:



1 in 5 Americans
will suffer a stroke
in their lifetime



Leading cause of
adult long-term
disability

5th

Leading cause
of death in the
United States

Early Action is Important

While not every stroke can be prevented, recognizing the warning signs and calling 911 immediately can help save lives and reduce the impact of a stroke.

Prompt treatment is critical—every minute counts in reducing brain damage, improving recovery, and lowering the risk of long-term disability.

Remember: BE FAST, every minute matters.

Know Your Risk

Stroke can happen at any age, but risk increases with:

- High blood pressure
- Diabetes
- A family history of stroke
- Older age

Work with your primary care provider to manage your risk factors and protect your long-term health.

¹For additional information, see U.S. Centers for Disease Control and Prevention Stroke Facts at cdc.gov/stroke/data-research/facts-stats/index.html



Balance Loss

Sudden loss of coordination,
trouble walking, dizziness



Eye (Vision) Changes

Blurred vision, double vision,
or loss of sight



Face Drooping

One side of the face
drooping or numb



Arm Weakness

One arm may feel weak
or numb



Speech Difficulty

Slurred speech, unable or
difficult to understand



Time to call 911

Call 911 immediately; do NOT
drive yourself or others