

When stroke strikes, Act F.A.S.T.

FACE

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

ARMS

Can they raise both arms and keep them there?

SPEECH

Is their speech slurred?

TIME

To call **999** if you see any single one of these signs

BSL users can make a BSL video call to **999** using the **999 BSL** website or app. Visit **999BSL.co.uk**

Text relay users can call **18000** to contact **999**

If you are a BSL user, deaf, have hearing loss or a speech impairment you can text 999 by registering your phone in advance. Visit **www.emergencysms.co.uk**

For more information visit **nhs.uk/actfast** or **stroke.org.uk**