

Helping someone who is having a

stroke



Key action:
Call 999.



Recognise what to do:

Think **F.A.S.T.**

FACE: is there weakness on one side of their face?

ARMS: can they raise both arms?

SPEECH: is their speech easily understood?

TIME: to call 999.



Steps to take:

Call 999 immediately or get someone else to do it.

Help them to sit down.

Talk to the person to reassure them while you wait for the ambulance.

Supporting knowledge:

A stroke needs immediate attention, and the faster the person receives medical help, the less damage is caused.

The person may be frightened and feel anxious about what is happening to them.