



SANTA BARBARA COUNTY FIRE DEPARTMENT

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PUBLIC SERVICE ANNOUNCEMENT

FOR IMMEDIATE RELEASE

- Spot a Stroke F.A.S.T. -

SANTA BARBARA, Ca. November 19, 2013 – Every second counts if you or someone you love is having a stroke. A stroke is a medical emergency that requires immediate treatment.

A stroke is an interruption of the blood flow to the brain. When the blood supply to a part of the brain is restricted or cut off, the affected brain cells can die. That's why it's so important to be treated for stroke as soon as possible. So don't wait. Take care of your brain—Call 911.

The acronym F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to call 9-1-1 for help right away.

F Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S Speech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

T Time to call 9-1-1 – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time.

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