

Do you act FAST?

If one of your family or friends had a stroke would you know what to do? Would you even know how to recognise if it might be a stroke?

The National Stroke Foundation is aiming to distribute 1.3 million **FAST** wallet cards which are designed to help people remember the signs of stroke using the **FAST** test. You can find your free copy of the wallet card in this newsletter.

The **FAST** test involves asking three simple questions:

- **Face** – Can the person smile, has their mouth drooped?
- **Arms** – Can the person raise both arms?
- **Speech** – Can the person speak clearly and understand what you say?
- **Time** – Act **FAST** and **call 000 immediately**.

Recognising any of these signs and calling 000 immediately can be the difference between death or severe disability and making a good recovery.

For more information or to order more wallet cards visit www.strokefoundation.com.au or call StrokeLine on 1800 787 653.