**Act F.A.S.T. – Stroke**

Please support the campaign through your own social media channels by creating your own posts or liking and sharing the social content posted from:

**Twitter**: [@publichealthni](https://twitter.com/publichealthni)

**Facebook**: [@publichealthagency](https://www.facebook.com/publichealthagency/)

**Instagram**: [@publichealthni](https://www.instagram.com/publichealthni/)

**Copy**  
  
Remember F.A.S.T. for the signs of a stroke.  
FACE 🧑 Has it fallen on one side? Can they smile?   
ARMS 💪 Can they raise both arms and keep them there?   
SPEECH 💬 Is it slurred?   
TIME 🕒 It’s time to call 999.  
The faster you act, the more of the person we save.

**Link:**

Learn more at [www.nidirect.gov.uk/stroke](http://www.nidirect.gov.uk/stroke)

**OR**  
  
When a stroke strikes, remember F.A.S.T. for the signs.  
Face: Has it fallen on one side? Can they smile?   
Arms: Can they raise both arms and keep them there?   
Speech: Is it slurred?   
Time: It’s time to call 999.  
The faster you act, the better their chances.

**Link:**

Learn more at [www.nidirect.gov.uk/stroke](http://www.nidirect.gov.uk/stroke)

**OR**  
  
If you see someone with any of the signs of a stroke, act F.A.S.T.  
F – Face (has their face fallen on one side?)  
A – Arms (can they raise both arms and keep them there?)  
S – Speech (is it slurred?)  
T – Time to call 999.

**Link:**

Learn more at [www.nidirect.gov.uk/stroke](http://www.nidirect.gov.uk/stroke)