

Stroke BE-FAST Card

A quick stroke-recognition card

BE-FAST

- B - Balance: sudden loss of balance or coordination.
- E - Eyes: sudden vision loss or double vision.
- F - Face: one side droops or feels numb.
- A - Arm: sudden weakness or numbness, especially on one side.
- S - Speech: slurred, strange or difficult speech.
- T - Time: note the last-known-well time and seek emergency care immediately.

Stroke treatment is time-sensitive. Do not wait for symptoms to improve and do not give food, drink or unprescribed medicines to a person with impaired swallowing or consciousness.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.