

# FAST

**Facial**  
weakness



**Arm**  
weakness



**Speech**  
problems



**Time**  
to call 999



**Learn it. Share it. You could save a life.**

**For more information on the FAST test visit [stroke.org.uk/FAST](https://stroke.org.uk/FAST)**

For more information visit [stroke.org.uk](https://stroke.org.uk) or call our helpline on **0303 3033 100**.



Ariennir gan  
**Lywodraeth Cymru**  
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## Lower your risk of stroke



### Know your blood pressure

Get your blood pressure checked and take steps to control it. High blood pressure is a contributing factor in over half of all strokes.



### Check your pulse

Atrial fibrillation (AF) is a type of irregular heartbeat that can increase your risk of stroke by up to five times.



### Don't ignore symptoms which pass

Treat any stroke symptoms as a medical emergency, over 25% of people who have a stroke have had a previous stroke or TIA.

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**Strôc** | **Stroke**  
association