

# Know the signs of **STROKE**

## **F**

### **Face**

is it drooping?

## **A**

### **Arms**

can you raise both?

## **S**

### **Speech**

is it slurred or jumbled?

## **T**

### **Time**

to call 9-1-1

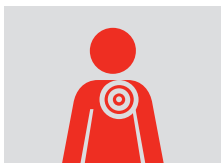
## **Beat stroke**

## **Call 9-1-1 FAST**

[heartandstroke.ca/FAST](https://heartandstroke.ca/FAST)

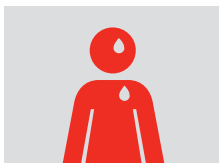
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# Learn the signs of a heart attack

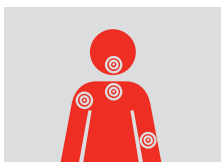


## **Chest discomfort**

Pressure, squeezing, fullness or pain, burning or heaviness



## **Sweating**

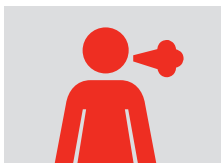


## **Upper body discomfort**

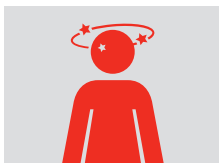
Neck, jaw, shoulder, arms, back



## **Nausea**



## **Shortness of breath**



## **Light-headedness**

For both men and women, the most common heart attack sign is chest pain or discomfort. However, women can experience a heart attack without chest pain.

**If you experience any of these signs, call 9-1-1 immediately.**

**[heartandstroke.ca/heartsigns](http://heartandstroke.ca/heartsigns)**



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