

快速识别中风

脸部：面歪嘴斜？

FACE

双臂：一边无力举起？

ARRMS

说话：口齿不清？

SPEECH

时间：立刻拨打911！

TIME

紧记 **F A S T** 口诀，发现以上任何症状，立刻拨打 **911** 求救。

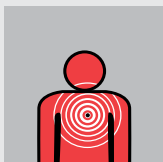


HEART &™
STROKE
FOUNDATION

heartandstroke.ca/Chinese

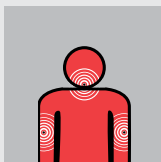
© Heart and Stroke Foundation of Canada, 2014

心脏病发的征兆



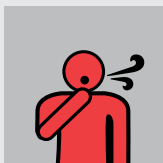
胸部不适

(有压迫感、挤压、
胀闷或疼痛、烧灼或
沉重等胸部不适)

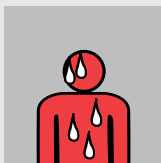


上半身其他部位 不适

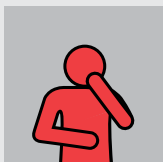
(颈部、下巴、肩膀、
手臂或背部)



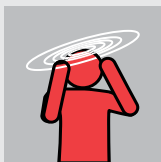
气促、呼吸困难



出汗



恶心



头晕

立刻拨打 **911** 或当地急救电话求助。



HEART &™
STROKE
FOUNDATION

heartandstroke.ca/Chinese