

# Learn the signs of stroke

**F**ace

is it drooping?

**A**rms

can you raise both?

**S**peech

is it slurred or jumbled?

**T**ime

to call 9-1-1 right away.

Act **F A S T** because the quicker you act, the more of the person you save.

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

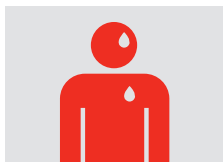


# Learn the signs of heart attack

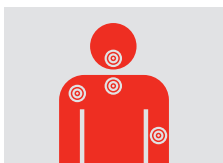


## **Chest discomfort**

Pressure, squeezing, fullness or pain, burning or heaviness

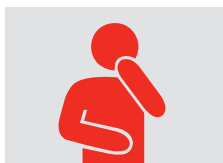


## **Sweating**

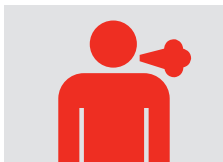


## **Upper body discomfort**

Neck, jaw, shoulder, arms, back



## **Nausea**



## **Shortness of breath**



## **Light-headedness**

**Call 9-1-1 right away.**

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