Learn the signs of stroke

Face is it drooping?

Rms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.

Act FAST because the quicker you act, the more of the person you save.

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Please fill out the following information and keep it handy by the phone:

- Local emergency number: 9-1-1 or ___________________
- Your address: ______________________________________
- Your phone number: ________________________________
- Pre-existing medical conditions and medications (for each family member):
  1. Name: ____________________________________________
     Condition: _______________________________________
  2. Name: ____________________________________________
     Condition: _______________________________________
  3. Name: ____________________________________________
     Condition: _______________________________________
  4. Name: ____________________________________________
     Condition: _______________________________________
- Emergency contact:
  Name: ____________________________________________
  Phone number: _________________________________

If you witness someone having a stroke, do what you can to keep them safe and stay with them until help arrives.

BE PREPARED

When you’re on the phone with the 9-1-1 operator:

✔ Speak slowly and clearly
✔ Do not hang up until the operator tells you to
✔ The 9-1-1 operator will ask for information, including:
  › Stroke signs and symptoms
  › Time when stroke signs and symptoms first began
  › Medication the patient is taking
✔ The operator may also provide instructions, such as:
  › Unlock the door
  › Move pets out of the way

When EMS/paramedics arrive, they will:

✔ Ask for information, including:
  › Information about the patient (e.g. their age and health history)
  › Who the decision-maker for the patient may be
  › Any other information that may influence medical care (e.g. drug allergies)
✔ Provide instructions, including:
  › Accompanying the patient to the hospital
  › Being accessible by phone for decision-making

IF YOU LIVE ALONE:

- If you’re elderly or have an existing medical condition, speak to your healthcare provider for advice on getting an emergency alert system in your home
- Develop a network of people to check in with regularly
- Ensure someone in your network has a key to your home, and knows your medical conditions and preferences in a serious health crisis

Learn more at heartandstroke.ca/FAST

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