WHAT TO DO IF YOU THINK SOMEBODY IS SUFFERING A STROKE

There are a number of symptoms of a stroke, and the most common can be arranged in the acronym FAST. If you observe a person suffering any of these symptoms, note the time of the first symptom and **call 000 immediately**.

* **F – Face.** Check their face. Has their mouth dropped?
* **A – Arms**. Can they lift both arms?
* **S – Speech**. Is their speech slurred? Can they understand you?
* **T – Time**. If you observe any of these signs, **call 000 immediately**.

While you are waiting for an ambulance to arrive, you can help by following these steps:

* If the person is conscious, lay them on their side with their head raised.
* Do not give them anything to eat or drink.
* Loosen restrictive clothing.
* If they are unconscious and are without a pulse or without breathing, start CPR immediately.
* A call taker at 000 can give CPR instructions over the phone.

Most importantly, even if you only suspect someone might be having a stroke, **call 000 immediately**.

SOURCES:

<http://www.stroke.org/understand-stroke/recognizing-stroke/act-fast>

<https://strokefoundation.com.au/about-stroke/stroke-symptoms/what-to-do-while-you-wait-for-an-ambulance>