



**B.E.**

**F.A.S.T.**

If you think someone  
may be having a  
**stroke...**

KAISER PERMANENTE®  thrive

**If you think someone may be having a stroke, don't ignore it. Check for a sudden onset of these signs of stroke and call 9-1-1.**

**B**alance

Sudden balance or coordination changes

**E**yes

Sudden vision loss or double

**F**ace

Facial droop or asymmetry

**A**rms

Sudden arm numbness or weakness

**S**peech

Difficulty speaking or unable to speak clearly

**T**ime

Make note of the time the symptoms started  
**Call 911**