

BE PREPARED
AND ACT F.A.S.T.

How to spot a stroke

Signs of a cardiac event can include: sudden pain, pressure or squeezing in the chest, heartburn/indigestion, nausea and vomiting, shortness of breath, dizziness, pale or bluish skintone.

For more information, please visit:
www.healthyoregon.org



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F

Facial Drooping



A

Arm Weakness



S

Speech
Difficulty



T

Time to Call
911



If you're worried you're having a heart attack, CALL 911 or HEAD TO THE EMERGENCY ROOM.

The information contained in this handout should not be used as a substitute for medical care or advice of your physician. Individualized recommendations may vary based on your circumstances.