



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

**Stroke Awareness 30 Sec PSA**

Strokes can happen suddenly – and when they do it’s a matter of minutes until brain cells begin to die and damage occurs.

This is State Health Officer, Doctor Scott Harris. If you think someone is having a stroke ask them to do these three simple tasks one at a time: smile, raise their arms and speak a sentence. If they have trouble with any one of these things call 9-1-1 immediately.

Remember FAST – face, arms, speech, time – it could save a life.

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