



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

**Stroke Awareness 60 Sec PSA**

If someone is having a stroke, would you be able to recognize it and get them help quickly?

This is State Health Officer, Doctor Scott Harris. For those who may not know, a stroke is a medical emergency that happens when blood flow to the brain stops. Once this happens it's just a matter of minutes before brain cells start to die and damage occurs. If a stroke is caught early enough, its effect can often be stopped or minimized with proper treatment.

There are three easy ways to tell if someone might be having a stroke, but you have to think FAST – Face, Arms, Speech, Time – FAST. If you think someone may be having a stroke, ask them to do the following task one at a time: smile; Does one side of the face droop, raise their arm; does one arm drift downward, and repeat a simple sentence; is their speech slurred, was it repeated correctly. If the person has trouble with any one of these things, this could be a stroke and you need to call 9-1-1 immediately because early recognition and treatment are critical.

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