Learn the signs of stroke

Face
is it drooping?

Arms
can you raise both?

Speech
is it slurred or jumbled?

Time
to call 9-1-1 right away.

Act FAST because the quicker you act, the more of the person you save.

heartandstroke.ca/FAST
Learn the signs of heart attack

- Chest discomfort: Pressure, squeezing, fullness or pain, burning or heaviness
- Upper body discomfort: Neck, jaw, shoulder, arms, back
- Shortness of breath
- Light-headedness
- Sweating
- Nausea

Call 9-1-1 right away.
heartandstroke.ca/heartsigns