



# First aid fact sheet

## Stroke

### Recognise stroke?

**If you see any of these symptoms, act F.A.S.T.!**

**F** – Has the person's **FACE** drooped?

**A** – Can they lift both **ARMS**?

**S** – Is the person's **SPEECH** slurred? Do they understand you?

**T** – Call **Triple Zero (000)**. **TIME** is critical.

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### Signs and symptoms

- facial weakness
- arm weakness
- weakness or paralysis, especially on one side of the body
- difficulty speaking or understanding
- feeling of numbness in face, arm or leg
- disturbed vision
- loss of balance
- faintness, dizziness
- confusion
- loss of consciousness

### What to do

- 1 Follow DRSABCD.
- 2 Call **Triple Zero (000)** for an ambulance.
- 3 Reassure the patient. The patient can not be able to clearly communicate, which can cause them extreme anxiety.
- 4 Help the patient to sit or lie down in a comfortable position. Support the patient's head and shoulders on pillows.
- 5 Loosen any tight clothing.
- 6 Keep the patient warm.
- 7 Wipe away any secretions from the patient's mouth.
- 8 Stay with the patient until medical aid arrives.

**In a medical emergency call Triple Zero (000)**

**DRSABCD** Danger ▶ Response ▶ Send for help ▶ Airway ▶ Breathing ▶ CPR ▶ Defibrillation

You could save a life with first aid training • [www.stjohn.org.au](http://www.stjohn.org.au) • **1 300 360 455**

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