



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.

© Stroke Foundation <https://strokefoundation.org.au/>

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 • **1 300 360 455**

This information is not a substitute for first aid training. Formal instruction in resuscitation is essential. St John Ambulance Australia is not liable for any damages or incidents that may occur in the use of this information by other parties or individuals. This is not for commercial distribution. © St John Ambulance Australia 2022.