

B.E.F.A.S.T.

To Reduce Stroke Impact



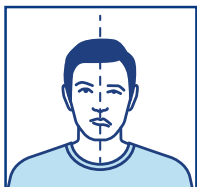
Balance

Sudden loss of balance



Eyes

Sudden loss of vision in one or both eyes



Face

Sudden facial weakness or drooping



Arms

Sudden weakness or numbness



Speech

Sudden slurred or difficulty speaking



Terrible Headache

Sudden onset of a severe headache



If you observe any of these signs, call 911 immediately, noting the time symptoms began.

A stroke occurs when blood flow to the brain is interrupted. It's an emergency requiring immediate medical attention because damage to the brain may occur that results in loss of many mental and physical functions. Learning how to spot a stroke and ways to prevent them can possibly save a life and improve stroke recovery.



Learn more: [BayCareStroke.org](https://www.BayCareStroke.org)