

# SPOT A STROKE

Every minute counts,  
so BEFAST



# B

**Balance**



**B is for Balance:**  
Does the person have a sudden loss of balance?

# E

**Eyes**



**E is for Eye:**  
Has the person lost vision in one or both eyes?

# F

**Face**



**F is for Face:**  
Does the person's face look uneven?

# A

**Arms**



**A is for Arm:**  
Is one arm hanging down?

# S

**Speech**



**S is for Speech:**  
Is the person's speech slurred?  
Does the person have trouble speaking or seem confused?

# T

**Time**



**T is for Time:**  
Call 911 now!

## Every minute counts, so BEFAST



# BALANCE



Watch for sudden loss of balance



# EYES



Watch for change/loss of vision



# FACE



Watch for facial drooping



# ARMS



Watch for arm/leg weakness/drift



# SPEECH



Watch for difficult/slurred speech



# TIME



## Time to call Stroke Alert/911





When in Hospital, Dial # 99–  
state stroke alert/location

When in Clinics, Dial # 99–  
state Rapid Response/location



For further information, refer to policies on MCN (SJGH Intranet)

Anyone can activate the stroke alert.