Stroke is an emergency and a “brain attack.” Learn how to act FAST and call 9-1-1 at first sign of stroke.

The National Stroke Association has easy ways for you to learn more about stroke before it happens to you or someone else.

Here are a few ideas:

• Learn FAST to help remember stroke warning signs.
• Sign up for regular email updates at www.stroke.org
• See a healthcare professional to assess your personal stroke risk.