



## **Stroke Awareness 30 Sec PSA**

Strokes can happen suddenly, and when they do, it's a matter of minutes until brain cells begin to die and damage occurs.

This is State Health Officer Doctor Scott Harris. If you think someone is having a stroke, ask them to do these three simple tasks one at a time – smile, raise their arms, and speak a sentence. If they have trouble with any one of these things, call 9-1-1 immediately.

Remember F.A.S.T. – Face, Arms, Speech, Time. It could save a life.

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