



14 September 2009

media release

Think F.A.S.T – Four letters that could save your life

This week is National Stroke Week and along with the National Stroke Foundation, Ambulance would like to remind the community of the importance of recognising the early warning signs of a stroke.

Stroke is Australia's second single greatest killer and leading cause of disability with someone suffering a stroke every ten minutes. Recognising the signs of stroke and calling Triple Zero '000' immediately can be the difference between death, severe disability and making a good recovery.

In 2009 the new FAST campaign will be launched in National Stroke Week to help people recognise the early warning signs of stroke. The FAST campaign has been improved to include new visual images and the wording has been simplified to help people remember the signs more easily. This will be launched during National Stroke Week.

The **FAST** test involves asking three simple questions:

FACE

Check their face. Has their mouth drooped?

ARMS

Can they lift both arms?

SPEECH

Is their speech slurred? Do they understand you?

TIME

Time is critical. If you see any of these signs, call Triple Zero '000' immediately and ask for Ambulance.

Ambulance recommends that all persons undertake a first aid course with an accredited agency.

For more information or to order a FAST wallet reminder card visit www.strokefoundation.com.au or call the National Stroke Foundation on 1800 787 653.

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