



ENJOY THE CIRCUS



A Guide to B.E.F.A.S.T

An educational coloring book to learn the signs of a stroke



INFIRMARY
— HEALTH —

More devoted to *Your* life.

Know the signs of a stroke!

B.E.F.A.S.T

B – Balance

loss of ability to balance

E – Eyes

sudden loss of vision

F – Face

loss of facial muscle control

A – Arms

loss of ability to control arms

S – Speech

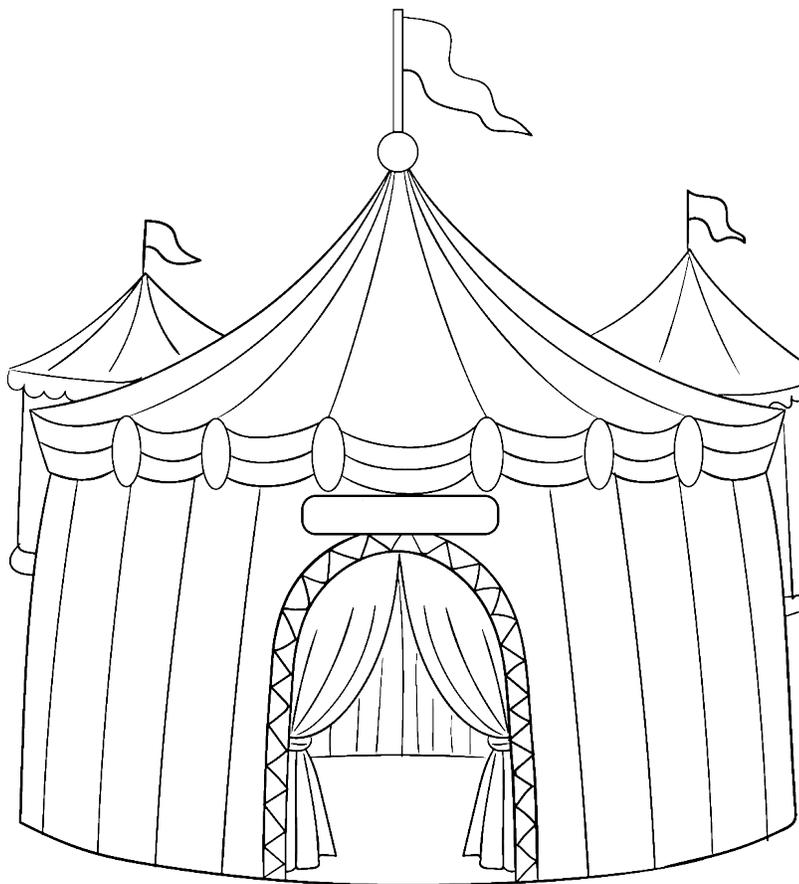
slurred speech

T – Time

get help as soon as possible

TIME TO CALL 9-1-1

Every second counts!



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Steady Sam the Seal has great **B**alance when placing things on his nose!

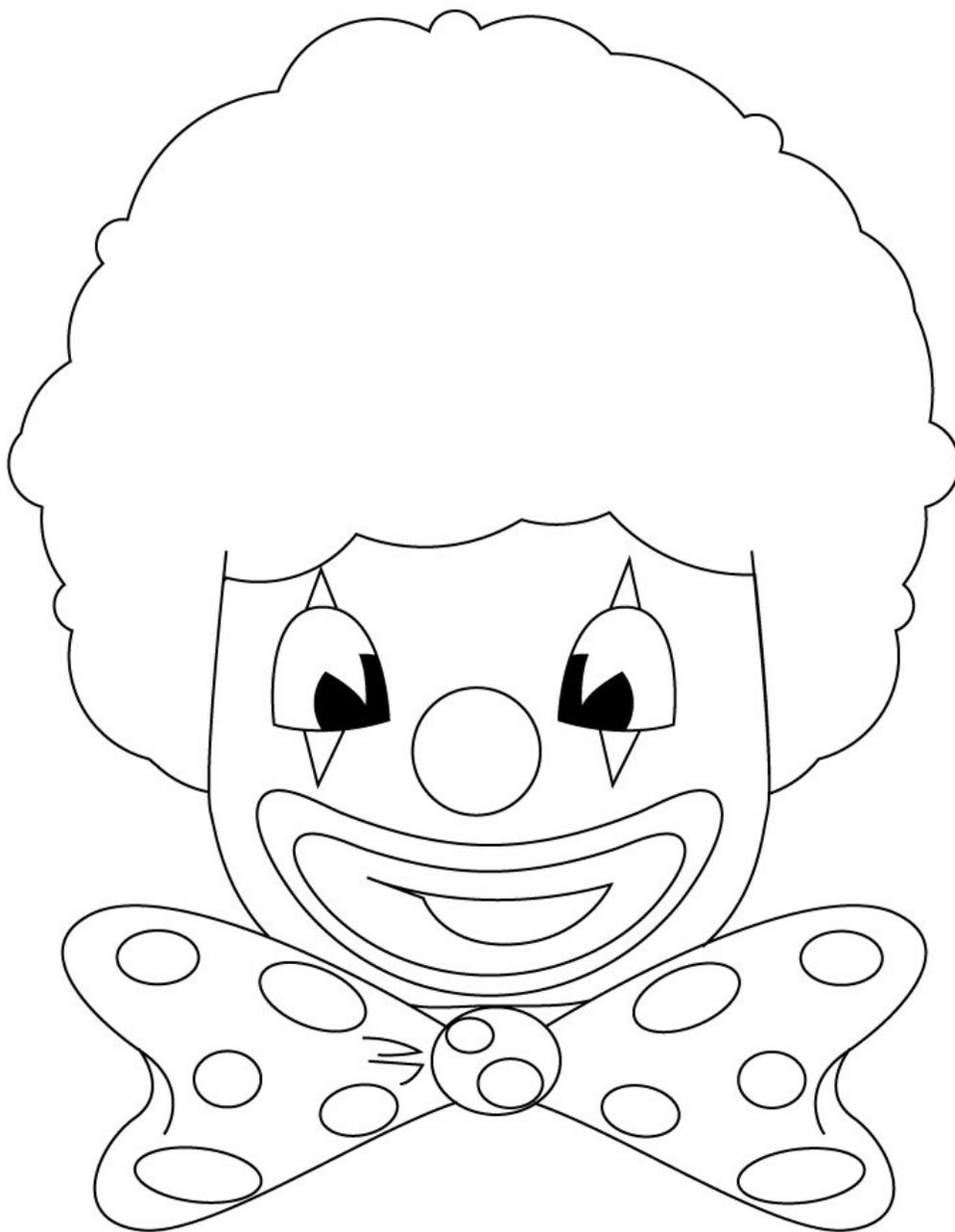


B - BALANCE

Is the person suddenly having trouble with sitting or standing?

Use the acronym **B.E.F.A.S.T** to remember the signs of stroke and what to do if someone near you is experiencing them.

Blinky is the silliest clown and makes people laugh by crossing his **E**yes.



E - EYES

Is the person experiencing suddenly blurred or double vision or a sudden loss of vision in one or both eyes without pain?

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Ernie the Elephant's trunk is so heavy that when he walks around he always has a droopy **F**ace.



F - FACE DROOPING

Does one side of their face droop or is it numb? Is their face crooked?

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Patches is the best juggler in the circus. He uses both **A**rms and hands to wow the crowd!



A- ARM WEAKNESS

Is one arm weak or numb?

Ask the person to raise both arms. Does one arm fall?

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Daring David is the bravest lion tamer under the big top. He uses his powerful voice when **S**peaking to the lions!



S - SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence like, "The sky is blue." Is the sentence repeated correctly?

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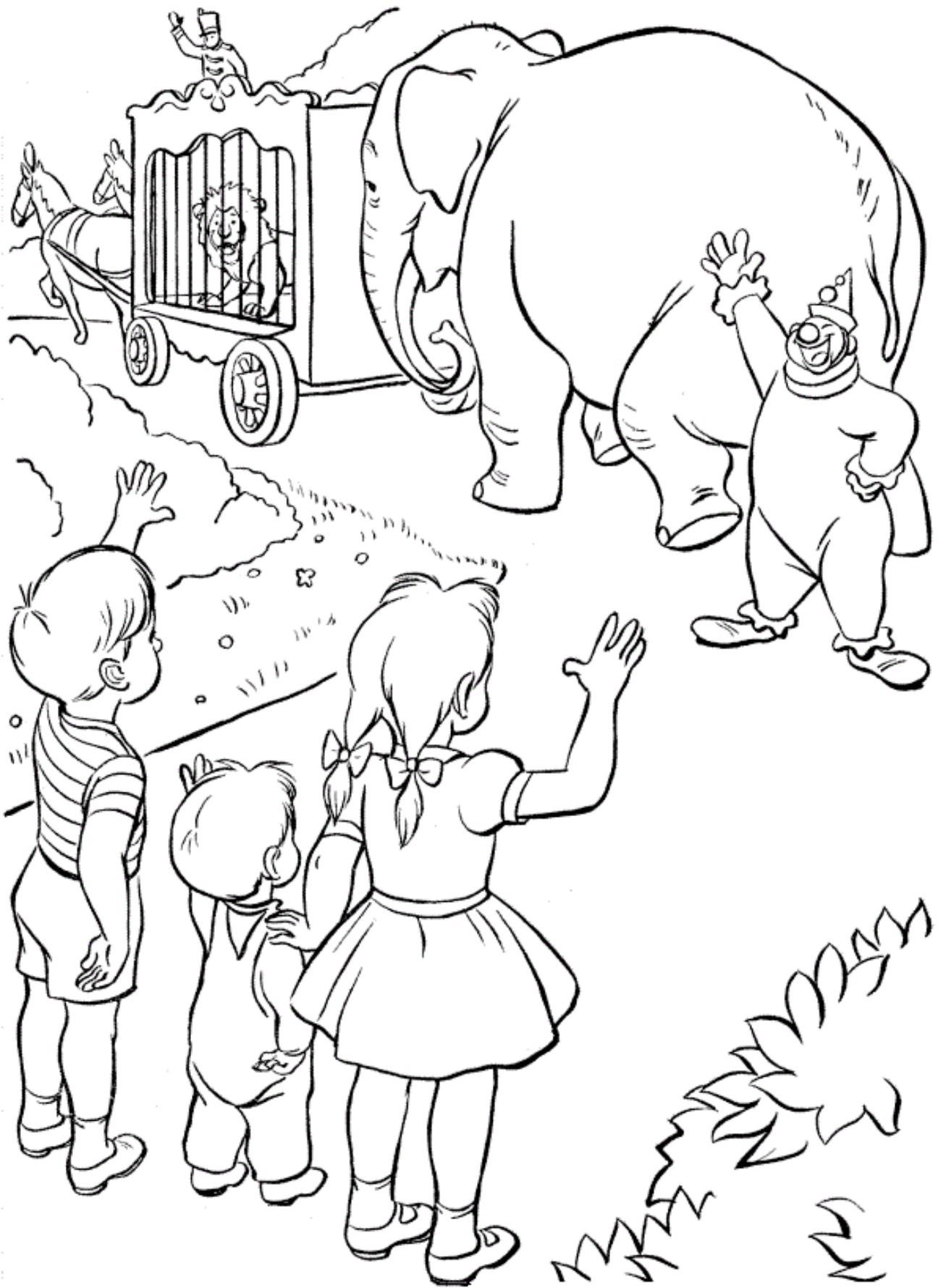
The Magnificent Macintosh is the ringmaster extraordinaire. He uses his booming voice to introduce all the amazing acts by exclaiming
"It's **T**ime For The Show!"



T - TIME TO CALL 911

If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately

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When it comes to stroke...**B.E.F.A.S.T!**

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