



SIGNS OF STROKE: ACT FAST

Student Objectives

- To recognize if someone is having a stroke using the FAST acronym
- To understand what is a stroke
- To understand why time is important in recognizing the signs of stroke

Background

Stroke is the 5th cause of death and a leading cause of long-term disability in the US. Stroke is more common in older people BUT can happen at any age - even kids and babies can have a stroke. Stroke in young people ages 25-44 years old increased 44% from 2000-2010.

A Stroke is a Brain Attack. A stroke occurs when part of the brain gets no blood flow or low blood flow. This causes brain cells to die. The area of dead brain cells is the stroke. During an untreated stroke, many brain cells (an average of 1.9 million) are dying per minute, so getting help for the person FAST is critical. A Stroke is treatable if the signs are recognized and treatment is started F.A.S.T.

Materials

- FAST Quiz Handout
- FAST bookmark
- FAST coloring activity (optional)
- FAST Flashcards (optional)
- FAST Bead Bracelet Craft Activity (optional)

Step 1. Explain general information on the brain

The brain allows you to walk, talk, think, dream, sleep, breathe, store memories, and gives you your personality- just to name a few things the brain does. Different parts of the brain are responsible for different functions. For example, the front of your brain is responsible for your personality. When a part of the brain is damaged from a stroke, the person may experience problems with the function of the damaged part of the brain. For example, if a person has damage to the part of the brain responsible for vision, they may lose some of their vision.

Step 2. Ask “What is a Stroke?”

- A stroke is a brain attack.
- A stroke occurs when part of the brain gets no blood flow or low blood flow. This causes brain cells to die. The area of dead brain cells is the stroke.
- During an untreated stroke, an average of 1.9 million brain cells are dying per minute, so getting help for the person FAST is critical

Step 3. How can you recognize that someone is having a stroke and get help?

- Know the signs of stroke
- Act FAST if you think someone is having a stroke
- Call “911” if you think someone is having a stroke

Step 4. Review the signs of stroke using “FAST” and Quiz the kids. Ask the group to repeat to you the signs of stroke using FAST, If needed provide prompts.

F= Face drooping - Ask the person to smile. Does the FACE look droopy or uneven?

A= Arm weakness- Ask the person to raise both arms. Does one ARM drift down?

S= Speech - Ask the person to repeat a simple phrase, “the sky is blue.” Does the person's speech sound slurred or strange?

T= Time - If you see any of these signs “Face droopy, Arm weakness or Speech slurred or strange,” TIME to call 9-1-1. The quicker the person gets to the hospital, the quicker they receive treatment, the better their chances for recovery.

It's time for the FAST quiz. Ask a question and the whole group may shout out the answer. Hold up the Kids Fast Quiz and ask the group each question: “F” is for ___, A” is for ___, etc. After the kids shout out the answer, repeat the question and answer to reinforce the concept.



KIDS FAST QUIZ

"F" is for _____

"A" is for _____

"S" is for _____

"T" is for _____



“F” Face - May appear droopy or uneven when asked to smile.

“A” Arms - Check if one arm drifts down more than the other.

“S” Speech - May sound slurred or strange.

“T” Time - For any of the above stroke signs, Call 911 as soon as possible.

