Signs of a heart attack:  
- Chest discomfort  
  - This may or may not be painful. It could feel like pressure or squeezing. This feeling can also be in one or both of your arms, back, neck, jaw, or stomach.  
  - Chest pain is more common in men. Discomfort in the arms, neck, and jaw is more common in women.
- Shortness of breath
- Sweating
- Nausea or vomiting
- Lightheadedness or dizziness

Signs of a stroke:  
- Sudden, severe headache
- Sudden confusion
- Sudden trouble talking or understanding
- Sudden trouble walking
- Sudden numbness or weakness, especially on one side of the body

BE FAST is an easy way to remember the signs of a stroke:  
- Balance: Do you notice sudden trouble balancing or walking?  
- Eyes: Do you notice a sudden change in vision, or trouble focusing your eyes?  
- Face droop: Does one side of the face look weak?  
- Arm weakness: Is there weakness or numbness in one or both arms?  
- Slurred speech: Do you notice sudden trouble talking?  
- Time: Notice what time these symptoms started, and call 911 right away!

To learn more, visit kidneyfund.org, heart.org, or stroke.org.

Test your knowledge!

What should I do if I start to feel weak on one side of my body, even if I don’t have any other symptoms?

a) Call 911 right away
b) Do nothing and hope it goes away

c) Wait until it gets worse, then call 911

Answer: A

You don’t need to have all the symptoms of “BE FAST” to be having a stroke. Even just one thing can let you know that something is wrong, so don’t hesitate to reach out for help!