

Chest, Heart & Stroke Scotland aims to improve the quality of life for people in Scotland affected by chest, heart and stroke illness through medical research, advice and information, and support in the community.

For further information please visit our website: www.chss.org.uk
or call our Advice Line: 0845 077 6000
Head Office: 65 North Castle Street,
Edinburgh EH2 3LT
Telephone: 0131 225 6963
Fundraising: 0800 316 0555

Chest, Heart & Stroke Scotland and CHSS are operating names of The Chest, Heart & Stroke Association Scotland a registered Scottish charity No SC018761. Registered in Scotland as a company limited by guarantee No SC129114

A stroke can
happen at
any time.
Think FAST &
save a life.
Call 999.

Chest
Heart &
Stroke
Scotland



Chest, Heart & Stroke Scotland



Think FAST & save a life.

A stroke is a medical emergency. It can happen to anyone and it happens fast.

By calling 999 you help ensure that someone gets diagnosis and treatment as quickly as possible.

This will improve their chances of recovery.

To check if someone is having a stroke, use the **F-A-S-T** test.

F ace – Can they smile?
Does one side droop?

A rm – Can they lift both arms?
Is one weak?

S peech – Is their speech slurred
or muddled?

T ime – To call 999.

If you see these signs call **999** FAST.

The faster you react, the better their chances of recovery.

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