

B.E.F.A.S.T. – SPOT A STROKE. SAVE A LIFE.

B. BALANCE  • Sudden loss of balance or coordination • Difficulty walking • Unexplained dizziness	E. EYES  • Sudden loss of vision • Double vision • Blurred vision in one or both eyes	F. FACE  • One side of the face droops • Ask the person to smile	A. ARMS  • One arm becomes weak or numb • Ask the person to raise both arms	S. SPEECH  • Slurred speech • Difficulty speaking • Difficulty understanding others	T. TIME  Time is Brain. Call emergency medical services immediately.
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TIME IS BRAIN.

Every minute counts.
The earlier the treatment, the better the outcome.

✓ WHAT TO DO

1. CALL EMERGENCY MEDICAL SERVICES IMMEDIATELY

- Call 112 or your local ambulance number.
- Inform the operator you suspect a STROKE.
- Go to the nearest hospital with a Stroke Unit or Stroke-Ready Facility.

2. NOTE THE EXACT TIME SYMPTOMS BEGAN

- This is one of the most important pieces of information.
- If the person woke up with symptoms, note the last time they were seen well.

3. KEEP THE PATIENT SAFE

- ✓ Keep the patient calm.
- ✓ Help them sit or lie comfortably.
- ✓ Loosen tight clothing.
- ✓ If vomiting or unconscious, turn the patient gently onto one side (recovery position) while keeping the airway clear.
- ✓ Stay with the patient until medical help arrives.

4. GATHER IMPORTANT INFORMATION

- (If possible, carry)
- Previous medical records
- Current medications
- Blood thinner prescriptions (if any)
- Identity proof
- Health insurance details
- Emergency contact numbers

5. INFORM THE HOSPITAL

If possible, inform the receiving hospital that a suspected stroke patient is on the way. This helps the Stroke Team prepare before arrival.

AT THE HOSPITAL

Doctors may immediately perform:

- Brain CT Scan
- MRI Brain (if indicated)
- Blood investigations
- ECG
- Blood pressure assessment
- Blood sugar testing

Depending on the type of stroke and time since symptom onset, treatment may include:

- Intravenous thrombolysis (clot-busting medication)
- Mechanical thrombectomy (clot removal procedure)
- Neurosurgical intervention (when required)
- Intensive Stroke Unit care

✗ WHAT NOT TO DO



DO NOT GIVE FOOD or drink anything.



DO NOT GIVE WATER, tea or coffee.



DO NOT GIVE MEDICINES unless specifically advised by a doctor.



DO NOT GIVE ASPIRIN unless a qualified doctor confirms it is appropriate. Some strokes are caused by bleeding, and aspirin may worsen these cases.



DO NOT ALLOW THE PATIENT TO DRIVE.



DO NOT WAIT for symptoms to disappear.



DO NOT ATTEMPT home remedies or alternative treatments.



REMEMBER: EVERY MINUTE COUNTS.

For every minute a stroke remains untreated, millions of brain cells may be permanently damaged. Early recognition and immediate treatment can save the brain, preserve independence, and save lives.

IF YOU SUSPECT STROKE:

B.E.F.A.S.T.

BALANCE • EYES • FACE • ARMS • SPEECH • TIME

Don't Wait. Don't Drive Yourself.

CALL EMERGENCY MEDICAL SERVICES IMMEDIATELY.



SCAN TO LEARN
MORE ABOUT
STROKE

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ASTRA Stroke India Foundation
Championing Stroke Awareness,
Prevention, Response & Recovery

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*Together, let's build a
Stroke-Safe India.*

