

# If it's a stroke, remember to **B.E.F.A.S.T.**

During a stroke, the average person can lose about **2 million brain cells per minute**. That's why it's important to **B.E.F.A.S.T.** and **call 911** if it's a stroke. **Time is brain.**

 **B**alance: Loss of balance

 **E**yes: Loss of vision

 **F**ace: Facial drooping

 **A**rm: Arm weakness

 **S**peech: Speech difficulty

 **T**ime: Time to call 9-1-1

[erlanger.org/stroke](http://erlanger.org/stroke)



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