Learn the signs of stroke

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.

Act FAST. Lifesaving treatment begins the second you call 9-1-1.

heartandstroke.ca/FAST
Learn the signs of a heart attack

For both men and women, the most common heart attack sign is chest pain or discomfort. However, women can experience a heart attack without chest pressure.

If you experience any of these signs, call 9-1-1 immediately.

heartandstroke.ca/heartsigns