



Dear COA Director,

“FAST” helps people remember the signs and symptoms of stroke, while prompting a call to 9-1-1, at *any* sign of stroke.

- Face: Does the face look uneven? Ask the person to smile
- Arm: Does one arm drift down? Ask the person to raise both arms
- Speech: Does the speech sound strange? Ask the person to repeat a phrase
- Time: If you observe these symptoms, call 9-1-1

Order free FAST materials here -

www.MACclearinghouse.com/CatalogPageHDSP.htm - and please pass them on to your colleagues and clients.

Information: <http://www.mass.gov/dph/heartstroke>

Click on these links to see the 3-minute stroke videos

(DVDs are available for free at link above):

English: <http://www.youtube.com/watch?v=YHzz2cXBIGk>

Spanish: <http://www.youtube.com/watch?v=jZGfyIUPi0k>

Portuguese: http://www.youtube.com/watch?v=aGU5j_JX3D0

Khmer (Cambodian): <http://www.youtube.com/watch?v=PiO-5JFsaXE>

Please contact Ted Clark at (617) 624-5444 or ted.clark@state.ma.us, if you are interested in:

- Using the education kit, including the FAST PowerPoints, to provide stroke presentations to staff, clients, and others
- Adding a stroke article to your newsletter or website (available for free, upon request)
- Linking your website to the FAST video or broadcasting it on CCTV

If there is anything else I can do to help you spread the word on stroke, please let me know.

Ted Clark

Director, Communications

Heart Disease and Stroke Prevention and Control Program

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Free Educational Materials on Stroke:

www.MACclearinghouse.com/CatalogPageHDSP.htm

Website: www.mass.gov/dph Blog: <http://PublicHealth.Blog.State.MA.US>