



[Hypertension](#), also known as high blood pressure, is the leading cause of stroke and a major contributor to heart disease. Talk to your health care provider to learn what you can to prevent or manage hypertension.

Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

Act **F A S T**. Lifesaving treatment begins the second you call 9-1-1.

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Stroke is an emergency.

If you experience or witness the signs of a stroke, immediately call 911, or your local 10-digit emergency phone number. Don't delay, every minute counts.¹

To learn more about the signs and symptoms of stroke, visit the [Heart & Stroke Foundation](#) website.

¹[Time Is Brain—Quantified | Stroke \(ahajournals.org\)](#)