



**American
Stroke
Association.**
*A division of the
American Heart Association.*

2025 Stroke Hero Awards

F.A.S.T. Hero Nomination Questions

The F.A.S.T. Hero Stroke Hero Award honors an individual who recognized the warning signs of a stroke and acted fast to get help for the person having a stroke. This award is for a friend, family member, coworker or bystander, not a provider acting in a professional capacity. We encourage survivors who recognized their own stroke symptoms to nominate themselves in the Survivor Hero category.

1. Contact information for the person submitting the nomination:

- Name (first and last)
- Phone number
- Email address
- City
- State

2. Contact information for the F.A.S.T. Hero nominee:

- Name (first and last)
- Name of parent or legal guardian if nominee is under 18
- Phone number
- Email address
- City
- State

3. Nominee demographics:

- Age
 - Under 18
 - 18 to 50
 - 51 or older
 - Prefer not to answer/do not know
- Gender
 - Female
 - Male
 - Transgender female
 - Transgender male
 - Nonbinary
 - Prefer not to answer
 - Other: _____

- Race
 - American Indian or Alaska Native
 - Asian
 - Black or African American
 - Native Hawaiian/Pacific Islander
 - White
 - Prefer not to answer
 - Other: _____
- Ethnicity
 - Hispanic or Latino
 - Not Hispanic or Latino
 - Prefer not to answer

4. What stroke warning signs did the nominee recognize?

- Balance trouble
- Eye problems
- Face drooping
- Arm weakness
- Speech difficulty
- Time to call 911
- Prefer not to answer/do not know
- Other: _____

5. Why should this individual win the F.A.S.T. Hero Award? (75 words or less)

6. Tell us more about the hero and stroke survivor's story. You could include the date of the stroke, a description of the warning signs recognized, how or why they learned stroke warning signs, what they were doing when the stroke happened and more. Feel free to include any outreach or education the nominee has done about stroke and its warning signs since then. (500 words or less)

7. Link for supporting material. *optional*

8. Link for supporting material. *optional*

9. This nomination is: (select one)

- A self-nomination
- For someone else. The nominee is aware that I am nominating them for this award, and they have agreed to be considered.

10. By submitting this nomination, I agree to the [Stroke Hero Awards contest rules](#).

- I agree

All fields are required unless indicated as optional.