



**If you have an
emergency, always**

**CALL
9-1-1**

Dial 9-1-1 Fast

Heart attack and stroke are life-and-death emergencies — every second counts. If you see someone experiencing or have any of the symptoms listed below, immediately call 9-1-1. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-

busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, don't delay — get help right away!

HEART ATTACK WARNING SIGNS

- **Chest Discomfort**

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- **Discomfort In Other Areas Of The Upper Body**

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- **Shortness Of Breath**

With or without chest discomfort.

- **Other Signs**

May include breaking out in a cold sweat, nausea or lightheadedness.

STROKE WARNING SIGNS

- **Sudden:**

- Numbness or weakness of the face, arm or leg, especially on one side of the body.
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause