

Heart Attack Warning Signs!

The following signs can be sudden and intense, but most often occur slowly with mild pain or discomfort. The following are signs that a Heart Attack is happening:

- Chest discomfort: fullness, pressure, squeezing, or pain usually in the center of the chest lasting more than a few minutes or goes away and comes back.
- Pain or discomfort in other areas of the upper body such as the jaw, neck, one or both arms, back, or stomach.
- Shortness of breath with or without chest discomfort.
- Nausea, breaking out into a cold sweat, feeling weak or lightheaded.

1. Call 911

- If you or someone you're with has chest discomfort, especially with any of the other warning signs, *don't wait, call 911.*
- Emergency personnel can start life saving therapy immediately and relieve pain.

2. Take Aspirin

- Aspirin helps open a blocked artery.
- Aspirin can reduce the size of a heart attack.
- Take an aspirin, even if you take a daily aspirin.