

Heart Attack, Stroke and Cardiac Arrest Warning Signs



Heart Attack Warning Signs - Some heart attacks are sudden and intense. But most heart attacks start slowly, with mild pain or discomfort. Often people aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- ♥ Chest Discomfort
- ♥ Discomfort in other areas of the upper body
- ♥ Shortness of breath
- ♥ Other signs may include breaking out in a cold sweat, nausea or lightheadedness



Women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). **Minutes matter!** Fast action can save lives - maybe your own. Don't wait more than five minutes to call 9-1-1 or your emergency response number.



Stroke Warning Signs - If you or someone with you has one or more of these signs, don't delay!

- ♥ Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- ♥ Sudden confusion, trouble speaking or understanding
- ♥ Sudden trouble seeing in one or both eyes
- ♥ Sudden trouble walking, dizziness, loss of balance or coordination
- ♥ Sudden, severe headache with no known cause

Immediately call 9-1-1. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action.



Cardiac Arrest - Strikes immediately and without warning. Dial 9-1-1 fast! Here are the signs:

- ♥ Sudden loss of responsiveness
- ♥ No normal breathing