

Dial 9-1-1



FAST!

Heart attack and stroke are life-and-death emergencies — every second counts.

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.
- 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. This feeling can occur with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

If you see or have any of these symptoms, immediately call 9-1-1. Not all these signs occur in every heart attack. Sometimes they go away and return. If some occur, get help fast!

Stroke Warning Signs

- 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.

If you or someone with you has one or more of these signs, don't delay! Immediately call 9-1-1 or the emergency medical services (EMS) number so an ambulance (ideally with advanced life support) can be sent for you. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of the first symptoms, a clot-busting drug can reduce long-term disability for the most common type of stroke.

