



**KNOW**

## HEART ATTACK

*Each year thousands of people survive heart attacks and go on to live normal lives. The key to survival is to know the symptoms and to act quickly.*

### FAST FACTS ABOUT HEART ATTACKS

You've probably seen movies where people clutch their chests because they're having heart attacks. Sometimes they happen like that — intense chest pain, perhaps with pain in an arm or the jaw. There's no doubt what's going on. However, sometimes heart attacks start slowly, with mild pain or discomfort. Know the warning signs.

### WARNINGS SIGNS OF HEART ATTACK

- **Most heart attacks involve chest discomfort.** It may last for several minutes or go away and come back. It may feel like pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Be alert to pain or discomfort in the arms, back, neck, jaw or stomach.
- **Shortness of breath,** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea/vomiting or lightheadedness.

Heart attacks are serious business — every second counts. If you see or feel any of these symptoms, get help.

## CALL 9-1-1

*Even if you're not sure it is a heart attack, have it checked out.*