

# Learn What a Heart Attack Feels Like

**Act fast. Call 9-1-1.  
It could save your life.**

Clot-busting medicines and other treatments can stop a heart attack as it is happening. **These treatments work best if given within 1 hour of when heart attack signs begin.**

If you think you are having a heart attack, call 9-1-1 right away.

## **KNOW THE HEART ATTACK WARNING SIGNS:**

Your chest may feel pressure.



You may feel discomfort in one or both arms, or the back or stomach.



You may feel discomfort in your neck or jaw.



You may feel like you can't breathe.



You may feel light-headed or break out in a cold sweat.



You may feel sick to your stomach.