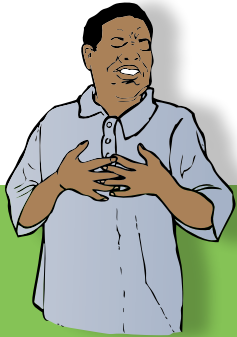


Act in Time to Heart Attack Signs

Know the Heart Attack Warning Signs

Pressure in your chest



Discomfort in one or both arms, the back or stomach



Discomfort in your neck or jaw



Feeling like you can't breathe



Light-headed or like you're breaking out in a cold sweat



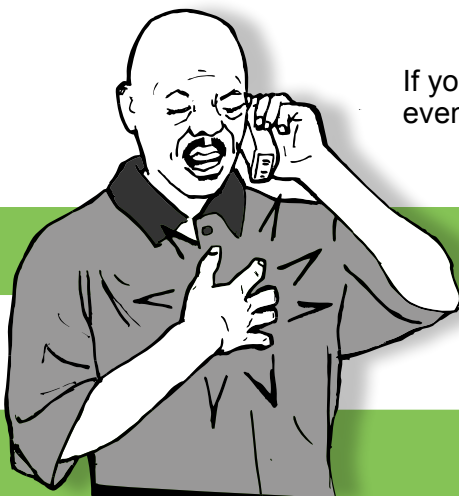
Sick to your stomach



- The most common warning sign for men and women is chest pain or discomfort. You do not need to have all the warning signs to have a heart attack. A heart attack may not be sudden or very painful.
- 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.
- Talk with family and friends about the warning signs and the need to call 9-1-1 right away.

Act Fast. Call 9-1-1!

If you have any heart attack warning signs, **call 9-1-1 in 5 minutes or less** even if you are not sure you are having a heart attack. It can save your life!



Do not drive yourself to the hospital



Get immediate treatment



December 2013

National Heart, Lung, and Blood Institute



COMMUNITY HEALTH WORKER
HEALTH DISPARITIES INITIATIVE