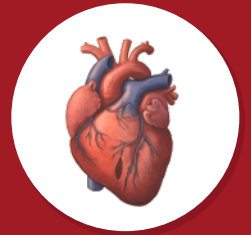


SPOT SIGNS OF A HEART ATTACK AND ACT FAST



A HEART ATTACK CAN HAPPEN TO ANYONE

Symptoms aren't always the same and can vary widely from person to person

COMMON SYMPTOMS



Chest tightness



Heavy or uncomfortable pressure in the chest



Cold, clammy sweating



Pain spreading to the neck, jaw, back, shoulder, or arm



Sudden or extreme tiredness



Shortness of breath



Indigestion or heartburn-like discomfort



Stomach pain or discomfort



Feeling dizzy or lightheaded

LESS COMMON SYMPTOMS

IMPORTANT ACTIONS

- Know where the nearest defibrillator (AED) is from home and work
- Learn CPR
- Help yourself, help others

WHO MAY HAVE LESS COMMON SYMPTOMS?



Women



Older adults



People with diabetes



People with kidney problems

Having one heart attack raises the chance of having another.

A second heart attack may feel different.

Pay attention to any new or unusual chest feelings or discomfort.



ACT FAST

If chest symptoms feel unusual or worrying and last more than a few minutes, call emergency services immediately. Don't wait. Don't drive yourself.

