

HEART ATTACK WARNING SIGNS



What is a heart attack?

A heart attack occurs, in most cases, when a vessel supplying the heart muscle with blood and oxygen becomes completely blocked. The vessel is narrowed by a slow buildup of fatty deposits, made up mostly of cholesterol. When a clot occurs in this narrowed vessel, it completely blocks the supply of blood to the heart muscle. That part of the muscle will begin to die if the individual does not immediately seek medical attention.

- **Chest discomfort** – most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes or goes away and comes back. The discomfort can feel like pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body** – can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** – occurring with or before chest discomfort.
- **Other symptoms** – may include breaking out in a cold sweat, nausea, unusual fatigue and/or lightheadedness. Treatments are most effective when they occur in the early stages of chest pain.

If you think you are having a heart attack
– don't delay –
CALL 911
and seek medical attention immediately.

Cardiac arrest warning signs

- sudden loss of responsiveness
- no response to tapping on shoulder or calling name
- no normal breathing

Action:

- you or someone else call 911 and get the AED (automated external defibrillator)
- start CPR
- use the AED as soon as it arrives