

HEART ATTACK WARNING SIGNS

- Chest discomfort
- Pain in one or both arms
- Sudden cold sweat
- Shortness of breath*
- Pain in the back, neck, jaw or stomach*
- Nausea* or lightheadedness



*more common in women than men



What is a heart attack?

- Blood flow to the heart is blocked
- Can feel sudden and intense, or start slowly with mild pain

CALL
9-1-1
FAST

If you have symptoms, get to the hospital fast. Every second counts.



CarePoint Health

