

What if I'm Having a Heart Attack?



Call 911



Get to the Hospital Right Away!

- If you or someone else has any signs of a heart attack, **call 911 right away.**
- **Do not wait** to call for help!
- Follow the 911 dispatcher's instructions.
- **Do not** drive yourself to the hospital!



Symptoms of a Heart Attack

- Pain or discomfort in chest or upper body for more than a few minutes
- Trouble breathing or feeling short of breath 
- Sweating or "cold sweat" 
- Feeling full or like you have heartburn or an upset stomach
- Nausea or vomiting 
- Feeling light-headed, dizzy, very weak or anxious  
- A fast or irregular heartbeat



These symptoms can be mild to severe, and may last from 30 minutes to over an hour.

What if I'm Having a Stroke?



Call 911



Get to the Hospital Right Away!

- If you or someone else has any signs of a stroke, **call 911 right away.**
- **Do not wait** to call for help!
- Follow the 911 dispatcher's instructions.
- **Do not** drive yourself to the hospital!



Symptoms of a Stroke: BE FAST

- **B**alance – Loss of balance
- **E**yes – Changes in vision 
- **F**ace – Is one side of the face drooping or numb? 
- **A**rms – Is one arm weak or numb?
- **S**peech – Is speech slurred or mixed up? 
- **T**ime – Every second counts. Do not wait to get help!



Call 911

