

What if I'm Having a Heart Attack?



Call 911



Get to the Hospital Right Away!

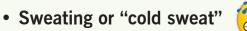
- If you or someone else has any signs of a heart attack, call 911 right away.
- Do not wait to call for help!
- Follow the 911 dispatcher's instructions.
- Do not drive yourself to the hospital!



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







- 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

- Balance Loss of balance
- Eyes Changes in vision



• Face – Is one side of the face drooping or numb?



- Arms Is one arm weak or numb?
- Speech Is speech slurred or mixed up?







• Time – Every second counts. Do not wait to get help!



Call 911