

WARNING SIGNS OF A HEART ATTACK

Heart attacks can be sudden and intense, or may start slowly with mild pain and discomfort. If you or someone else begins to have chest discomfort, especially with one or more other signs of a heart attack, call 911.

Emergency situations, such as major storms or hurricanes, could cause high stress levels or heavy physical activity. Knowing the warning signs of a heart attack could save your, or someone else's, life.

WARNING SIGNS

- **Chest discomfort.** Discomfort in the center of the chest may last more than a few minutes, or go away and come back. It may feel like an uncomfortable pressure, squeezing, or pain.
- **Discomfort in other areas of the upper body.** Pain or discomfort in one or both arms, back, neck, jaw, or stomach.
- **Shortness of breath.** May occur before, with or without chest discomfort.
- **Other signs.** A cold sweat, nausea, or light-headedness.

WHAT SHOULD I DO?

- Don't ignore the signs.
- Call 911 and get medical help right away. Don't wait - call immediately.

Calling 911 is almost always the fastest way to get life-saving treatment. Emergency medical services staff can begin treatment as soon as they arrive - up to an hour sooner than transporting someone to the hospital by car.

PLAN AHEAD

- Learn the heart attack warning signs.
- Talk with your health care provider about your heart attack risk and what to do to reduce it.
- Talk with family, friends, and co-workers about warning signs and calling 911.
- Consider taking a first aid, CPR, and AED course.

MORE INFORMATION

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