

ACT IN TIME TO HEART ATTACK SIGNS
Heart Attack Warning Signs

LEARN WHAT A HEART ATTACK FEELS LIKE.

**Act fast. Call 9-1-1.
It could save your life.**

Treatments can stop a heart attack as it is happening.
They work best if given within 1 hour of when heart attack signs begin.
If you think you are having a heart attack, call 9-1-1 right away.

KNOW THE HEART ATTACK WARNING SIGNS:

Your chest hurts
or feels squeezed



One or both arms, your back,
or stomach may hurt.



You may feel pain in the
neck or jaw.



You feel like
you can't breathe.



You may feel light-headed or
break out in a cold sweat.



You may feel sick
to your stomach.