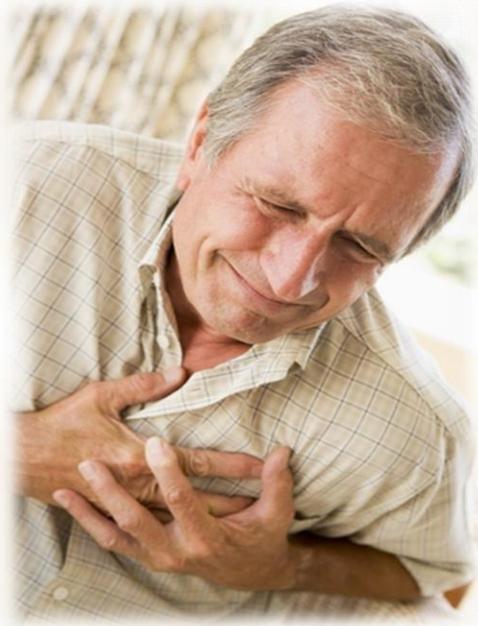


Heart Attack

Heart attacks may not be like what you see in the movies, sudden and intense. Many heart attacks start slowly, with mild pain or discomfort.

Common Warning Signs of Heart Attack



Chest discomfort

Discomfort in other areas of the upper body

Shortness of breath

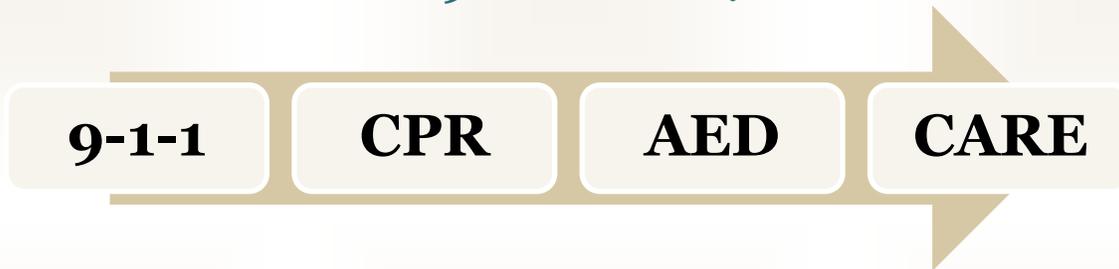
Other signs may include breaking out in a cold sweat, feeling nauseated or light headed.

As with men, women's most common symptom is chest pain or discomfort.

But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

What to Do

Activate the chain of survival. **Call 9-1-1 immediately!**



STEP 1: Rapid activation of EMS via calling 9-1-1.

STEP 2: Hands Only CPR started quickly.

STEP 3: Early use of automated external defibrillator (AED).

STEP 4: Rapid delivery of timely and appropriate care.