



## Act in Time to Heart Attack 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 in 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.



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## You may not be sure it is a heart attack.



A heart attack may not be sudden or very painful. You may not be sure what is wrong. **But it is important to check it out right away.**

## Act fast. Call 9-1-1.



**Call 9-1-1 in 5 minutes or less.  
Do not drive yourself to the hospital.**



When you call 9-1-1, an emergency vehicle arrives right away. Treatment can begin at once.

## To help survive a heart attack, take these steps:

1. Learn the heart attack warning signs, and act fast if you feel them.
2. Talk with family and friends about the warning signs and the need to call 9-1-1 right away.
3. Ask your doctor about your heart attack risk and how to lower it.



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