WARNING SIGNS

Signs of a Heart Attack

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

If you have any of these signs, don’t wait more than five minutes before calling for help. Call 9-1-1 and get to a hospital right away.

Warning Signs of a Heart Attack

Signs of a Heart Attack in Women

Women do not always experience the same heart attack symptoms as men.

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
- As with men, women’s most common heart attack 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.

If you have any of these signs, don’t wait more than five minutes before calling for help. Call 9-1-1 and get to a hospital right away.

American Heart Association - Heart Attack Symptoms in Women

Cardiac Arrest Warning Signs

- Immediate/Sudden loss of consciousness
- No response to tapping on shoulders/No response when you ask if they’re OK
- No normal breathing
If someone shows any of these symptoms, immediately call 9-1-1 and TUPD @ X4-4444

**Immediate Action to Take**

- Immediately yell for help
- Tell someone to call 911 and get an AED (if it’s available)
- If the victim isn’t breathing or is only gasping, start chest compressions
  - Push hard & fast in the center of the chest
  - Keep pushing until the person starts to breath or someone with more advance training takes over
- Use the AED as soon as it’s available by turning it on & following AED prompts

**Cardiac Arrest versus Heart Attack Infographic**

**Symptoms of a Stroke**

- Sudden numbness or weakness of the face, arm or leg
- Sudden confusion or trouble understanding
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

If someone shows any of these symptoms, immediately call 9-1-1 and TUPD @ X4-4444

**Stroke Symptoms**