



Be a Sweetie, Take Care of Your Heart

Do you know the warning signs of a heart attack? Read the list below to learn what to expect if a heart attack occurs.

◆ Chest Discomfort

- ◆ Often lasts more than a few minutes, or goes away and comes back
- ◆ It can feel like uncomfortable pressure, squeezing, fullness or pain

◆ Discomfort in Other Areas of the Body

- ◆ Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach

◆ Shortness of Breath

- ◆ With or without chest discomfort

◆ Other Signs

- ◆ Breaking out in a cold sweat
- ◆ Nausea
- ◆ Lightheadedness

If you or another person experiences any of these symptoms call 9-1-1 right away. Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1 or your emergency response number.



Adapted from the article "Warning Signs of a Heart Attack" from the American Heart Association. Created by AmeriCorps Member Amy Houser.



**Healthy
Siouxland**

