

EARLY HEART ATTACK CARE SAVES LIVES

Nausea or vomiting

Chest pressure, squeezing, aching or burning

Pain that travels down one or both arms

Shortness of breath

**RECOGNIZE
and
RESPOND**



Sudden dizziness

Discomfort in back, neck, shoulder or jaw

**COULD YOU
SAVE A LIFE?**

Take the FREE course
& earn your certificate!



Excessive fatigue or weakness

Cold Sweat

Anxiety



THE FACTS:

Most heart damage can occur within the first two hours of a heart attack. Know the subtle signs of a heart attack with EHAC and save a life!

RISK FACTORS

These are general risk factors for a heart attack. Speak with your provider about your specific risk factors.

- Chest pain, pressure, burning, aching or tightness (comes and goes)
- History of cardiovascular disease
- High blood pressure
- Overweight or obesity
- Sedentary lifestyle
- Tobacco use
- Metabolic disease, diabetes or other illnesses
- Birth control pills, a history of preeclampsia, gestational diabetes or having a low-birth-weight baby

SYMPTOMS: MEN vs. WOMEN

Heart attack symptoms can be different between men and women. Women may be less likely to seek immediate medical care which can cause more damage to the heart.

- Men normally feel pain and numbness in the left arm or side of the chest, but in women, these symptoms may appear on the right side.
- Women may feel completely exhausted, drained, dizzy or nauseous.
- Women may feel upper back pain traveling up into the jaw.
- Women may think their stomach pain is the flu, heartburn or an ulcer.

NOT ALL HEART ATTACKS LOOK THE SAME

Some people can experience not-so-usual symptoms (atypical presentation). They may not complain about pain or pressure in the chest. Be alert for the following:

- A sharp or “knife-like” pain when coughing or breathing.
- Pain that spreads above your jawbone or into your lower body.
- Difficult or labored breathing.

KNOW WHAT TO DO IF YOU ARE A BYSTANDER WHEN SOMEONE EXPERIENCES CARDIAC ARREST

CALL 9-1-1

Begin hands-only CPR on an adult or teen. Chest compressions only are good for the first few minutes to push around the oxygen that remains in the person, until help arrives.

Push hard and fast in the center of the chest. Find and deploy an AED (Automated External Defibrillator).

Find more info at heart.org/handsonlycpr