

Heart Attack

Know the Warning Signs

You can save a life, maybe your own.

Learn what a heart attack feels like and what to do if one happens.

- Treatment can stop a heart attack as it is happening and works best if given within 1 hour from when the symptoms started.
- Call 9-1-1 in 5 minutes or less if you or someone else is having one or more heart attack signs.

Act fast. Call 9-1-1



One or both arms, your stomach, or back may hurt.



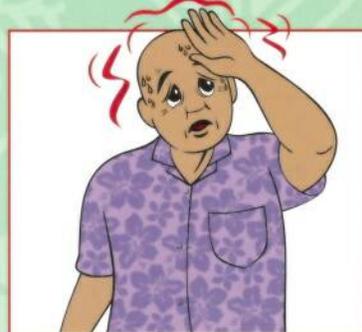
You may feel pain in the neck or jaw.



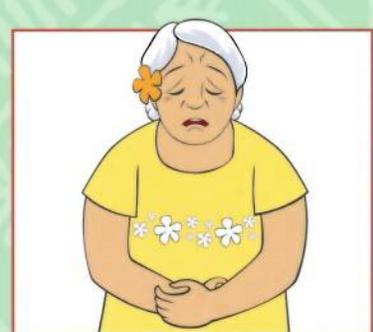
Your chest may hurt or feel squeezed.



You may 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.



Act fast. Call 9-1-1

- Some heart attacks happen suddenly and are intense (like in the movies). But most start slowly and may not be painful. It's important to check it out right away.
- Do not drive yourself to the hospital.

Did you know?

Diabetes raises your chance of having a heart attack or stroke. You can fight back by taking care of your heart and controlling your diabetes.

