Know the Heart Attack 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.



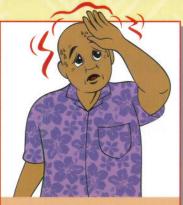
You may feel pain in the neck or jaw.



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.

Know the Warning Signs of a Stroke

A stroke is a medical emergency.

Do not ignore the warning signs, even if they go away.

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

- If treatment is given right away, you can survive a stroke and have fewer side effects.
- Call 9-1-1 if you or someone else is having one or more signs of a stroke.
- Do not drive yourself to the hospital.

Act fast. Call 9-1-1. Every second counts.

The warning signs of a stroke come on suddenly:



Feeling weak or numb on one side of the body (can't move one arm) or the face (mouth droops on one side).



Cannot understand or talk clearly.



Cannot see very well in one or both eyes.



Cannot walk very well, feeling dizzy or falling.



Very bad headache.

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.

- Mahalo Piha to our reviewers: -

- Association of Hawaiian Civic Clubs Ke Ali'i Maka'āinana Hawaiian Civic Club
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American Heart Association Association

Learn and Live...





The Harry & Jeanette Weinberg Foundation, Inc.

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