



Know the Signs of Heart Attack

IF SOMEONE EXPERIENCES:

Chest discomfort
Arm, back, neck or jaw pain
Shortness of breath
Sweating, nausea, lightheadedness



Call 9-1-1 Act in Time

PLAN AHEAD:

Learn the warning signs. Talk with friends and family about calling 9-1-1 immediately. Consult with your health care provider to find out how you can reduce your risks.



www.cchealth.org/ems/heartsafe.php