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.

Know the Signs of HeartSafe Community

www.cchealth.org/ems/heartsafe.php