Know the signs

**Stroke**

If someone experiences sudden:
- Trouble walking
- Weakness on one side
- Trouble seeing
- Trouble speaking

**Heart Attack**

If someone experiences:
- Chest discomfort
- Arm, back, neck or jaw pain
- Shortness of breath
- Sweating, nausea, lightheadedness

**Cardiac Arrest**

If someone collapses and is:
- Not responding
- Not breathing

**Begin Hands Only CPR**;
Use an AED as soon as one arrives.

Call 9-1-1

Act in Time

HeartSafe Community

Contra Costa Health Services

Act in Time CALL 9-1-1

HeartSafe

Contra Costa Health Services

www.cchealth.org/ems/heartsafe.php