

Know the Warning Signs for Heart Attack

- Uncomfortable pressure, fullness, squeezing, or pain in the center of the chest that lasts for more than a few minutes.
- Pain spreading to the shoulders, neck or arms.
- Chest discomfort with lightheadedness, fainting, sweating or nausea.
- Shortness of breath with or without chest discomfort.

Not all of these signs occur in every attack. If some occur, call 9-1-1 fast!



(Resource: <http://www.americanheart.org>)

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