

# Heart Attack Warning Signs

## **Dial 9-1-1 Fast...**

Heart attacks are life-and-death emergencies, every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1.

Emergency medical services staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car.

- 🕒 **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- 🕒 **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- 🕒 **Shortness of breath.** This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.
- 🕒 **Other signs:** These may include breaking out in a cold sweat, nausea or lightheadedness.