

KNOW THE SIGNS

Heart Attack & Stroke

SIGNS OF A HEART ATTACK

- 1** Pain or discomfort in chest
- 2** Lightheadedness, nausea or vomiting
- 3** Jaw, neck or back pain
- 4** Discomfort or pain in arm or shoulder
- 5** Shortness of breath



SIGNS OF A STROKE

Spot a stroke F.A.S.T.

Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty

Is speech slurred? Are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is it repeated correctly?

Time to Call 911

If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.