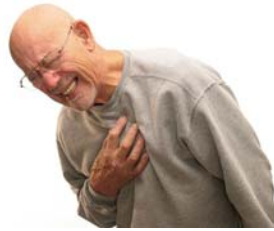


Heart Attack Warning Signs



Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort.

Here are signs that can signal a heart attack.

Chest Discomfort:

An uncomfortable pressure, squeezing, fullness, or pain in the center of the chest. It may last more than a few minutes, or it may go away and come back.

Discomfort in Other Areas of the Body:

Pain or discomfort can occur in one or both arms, the back, neck, jaw, or stomach.

Shortness of Breath:

This most often occurs with chest discomfort, but it can also occur without chest discomfort.

Other Signs:

Breaking out in a cold sweat, nausea, or lightheadedness.

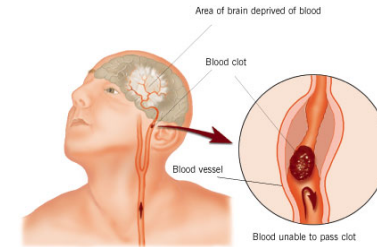


If you or someone you're with has one or more of these signs, **call 911 and get to a hospital right away.**

American Heart Association 2008

Stroke Warning Signs

It is *very* important to take ***immediate action*** if you suspect a stroke. With every second, brain function is lost, resulting in long-term disability.



Here are the signs that signal a stroke.

Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.

Sudden confusion, trouble speaking or understanding.

Sudden trouble seeing in one or both eyes.

Sudden trouble walking, dizziness, loss of balance, or coordination.

Sudden, severe headache with no known cause.

If you or someone you're with has one or more of these signs, **call 911 and get to a hospital right away.**



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