

WARNING SIGNS

Signs of a Heart Attack

- *Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.*
- *Pain or discomfort in one or both arms, the back, neck, jaw or stomach.*
- *Shortness of breath with or without chest discomfort.*
- *Other signs such as breaking out in a cold sweat, nausea or lightheadedness.*

If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1 and get to a hospital right away.

[Warning Signs of a Heart Attack](#)

Signs of a Heart Attack in Women

Women do not always experience the same heart attack symptoms as men.

- *Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.*
- *Pain or discomfort in one or both arms, the back, neck, jaw or stomach.*
- *Shortness of breath with or without chest discomfort.*
- *Other signs such as breaking out in a cold sweat, nausea or lightheadedness.*
- *As with men, women's most common heart attack symptom is [chest pain](#) or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.*

If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1 and get to a hospital right away.

[American Heart Association - Heart Attack Symptoms in Women](#)

Cardiac Arrest Warning Signs

- *Immediate/Sudden loss of consciousness*
- *No response to tapping on shoulders/No response when you ask if they're OK*
- *No normal breathing*

If someone shows any of these symptoms, immediately call 9-1-1- and TUPD @ X4-4444

Immediate Action to Take

- *Immediately yell for help*
- *Tell someone to call 911 and get an AED (if it's available)*
- *If the victim isn't breathing or is only gasping, start chest compressions*
 - *Push hard & fast in the center of the chest*
 - *Keep pushing until the person starts to breath or someone with more advance training takes over*
- *Use the AED as soon as it's available by turning it on & following AED prompts*

Cardiac Arrest versus Heart Attack Infographic

Symptoms of a Stroke

- *Sudden numbness or weakness of the face, arm or leg*
- *Sudden confusion or trouble understanding*
- *Sudden trouble walking, dizziness, loss of balance or coordination*
- *Sudden severe headache with no known cause*

If someone shows any of these symptoms, immediately call 9-1-1- and TUPD @ X4-4444

Stroke Symptoms