

Warning Signs and Symptoms for Heart- and Blood Flow-Related Medical Emergencies

Signs of a Heart Attack

- **Chest Discomfort:** Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or it goes away and comes back.
- **Discomfort in Other Areas of the Upper Body:** 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, do not wait more than five minutes before calling for help. Call 911 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 it 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, do not wait more than five minutes before calling for help. Call 911 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 or when you ask if they are OK
- No normal breathing, victim does not take a breath when you tilt up head and check for at least five seconds.

If someone shows any of these symptoms, immediately call 911 and TUPD at 410-704-4444.

[Cardiac Arrest Symptoms](#)

Immediate Action to Take

- Immediately yell for help
- Tell someone to call 911 and get an AED (if it is available)
- If the victim is not breathing or is only gasping, start chest compressions
- Push hard and 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 is available by turning it on and following AED prompts

[Cardiac Arrest versus Heart Attack](#)

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

- **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.
 - 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 the sentence repeated correctly?
 - Time to Call 911:** Even if symptoms go away, call 911 and get to a hospital right away.

If someone shows any of these symptoms, immediately call 911 and TUPD at 410-704-4444.

[Stroke Symptoms](#)