

SAFETY MESSAGE

Your Personal Safety is our #1 priority



HEART ATTACK SIGNS, Compiled by USDA-APHIS-CCEP

Heart Attack Warning Signs:

- Chest Discomfort - Uncomfortable pressure, squeezing, fullness, or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.
- Discomfort in Other Areas of the Upper Body - May be felt in one or both arms, the back, neck, jaw, or stomach.
- Shortness of Breath - Often occurs with or before chest discomfort.
- Other Signs - May include breaking out in a cold sweat, nausea, or light-headedness.

Fast Actions Save Lives:

1. If you or someone you are with begins to have chest discomfort, especially with one or more of the other symptoms of a heart attack, call 9-1-1 right away.
2. Don't wait for more than a few minutes—5 minutes at most—to call 9-1-1.
3. If you are having symptoms and can not call 9-1-1, have someone else drive you to the hospital right away. Never drive yourself, unless you have no other choice.

www.nhlbi.nih.gov/actintime