

Protect

your

Heart.

Preserve

our nation.



Call 9-1-1 *at the first sign of a*

heart attack.

Know the symptoms of heart attack

MEN

- Chest pressure, pain or discomfort
- Pain in arms, neck, jaw or stomach
- Sweating or nausea
- Shortness of breath

WOMEN

- Fatigue
- Anxiety
- Nausea
- Shortness of breath
- Chest pressure or discomfort
- Pain in arms, neck, jaw or stomach

If you or someone you know experience these symptoms, call 9-1-1 immediately!

For more information about heart attack symptoms and lifestyle choices that may decrease your risk for heart attack, talk to your healthcare provider or call 1-800-AHA-USA1 (1-800-242-8721) or visit americanheart.org.

