

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

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

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)



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