

# Do You Know the Signs of a Heart Attack?

## Don't Take a Chance With a Heart Attack

### Know the Symptoms and Act Fast:

- Chest Pain, Pressure, or Discomfort
- Discomfort in Arms, Neck or Jaw
- Sudden Shortness of Breath
- Nausea, Dizziness, or Clamminess

### Less Common Symptoms Include:

- Upper Abdominal Pressure
- Unusual Fatigue

### Minutes Matter! Call 9-1-1

- If you think you might be having a heart attack (even if you are not sure), call 9-1-1 immediately. Don't wait!
- Quick treatment can save your life - when in doubt, check it out.
- Remember, the first minutes matter when you are having a heart attack.



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## The Facts

- More than 1 million people in the United States have heart attacks every year.
- When a heart attack happens, delay in treatment can be deadly.

## Quick Action Can Save Your Life

- Don't ignore the warning signs. Call 9-1-1 for emergency medical care, even if you are not sure you are having a heart attack.
- An ambulance is the safest way to get to the hospital. Emergency medical services (EMS) personnel can start life saving treatment right away. People who arrive by ambulance often receive faster treatment at the hospital.

## Action Steps to Take Now- Before a Heart Attack Occurs

- During a routine office visit, talk to your doctor or health care provider about your risk for a heart attack. Ask what you can do to lower your heart attack risk.
- Ask if you can take aspirin if you have heart attack symptoms in the future.
- Write down important information to share with EMS and hospital staff in case of a medical emergency (medications that you are taking and important phone numbers, including those of your health care provider).