Can You Recognize a Heart Attack?

February is American Heart Month. Roughly 325,000 people die annually of coronary attack before they even get to a hospital. Learn the heart attack warning signs to recognize in yourself and others. It could save a life.

1 Chest Discomfort

A sensation in the center of the chest that feels like pressure, fullness, squeezing or pain. This can last more than a few minutes, or, go away and then return.

2 Upper Body Discomfort

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.



3 Shortness of Breath

This may be accompanied by chest discomfort. Additional signs may include cold sweat, nausea or lightheadedness.

If you experience any of these symptoms, do not to wait more than five minutes to call 9-1-1 to ensure rapid treatment. **9 1 1**

Sign up at www.smart911.com and create your own Safety Profile to give 9-1-1 valuable information about yourself, family members, your home, pets and vehicles that will automatically display on the 9-1-1 call taker's screen when you dial 9-1-1. It's private and secure and you control what information is in your profile. These details can save valuable seconds or even minutes during an emergency.