



# HEART ATTACK

## Know the Facts

A heart attack occurs when the flow of oxygen-rich blood to the heart is suddenly blocked or the heart can't get enough oxygen.

## Things To Know

General symptoms of a heart attack include but are not limited to:

- Chest pain or discomfort
- Pain in the arm(s), back, neck, or jaw
- Shortness of breath

The symptoms of a heart attack vary from person to person. Symptoms may be intense and have a sudden onset, or they may start slowly and cause only mild pain or discomfort.

No matter what, don't ignore the warning signs and CALL 911. From the onset of the heart attack to the start of treatment, every second counts.

## Be Prepared

No one is ever ready for a heart attack, but there are some ways you and your family can prepare:

- Learn CPR
- Know the location of your closest Automated External Defibrillator (AED)

### **Experiencing Symptoms of a Heart Attack?**

1. Call 911 immediately!
2. Say: "I am having a heart attack". Be prepared to answer the dispatcher's questions.
3. Do NOT drive yourself to the hospital.
4. Remember, every second counts. Do not delay calling 911.

