

# KNOW FOR YOURSELF & YOUR FAMILY

TAKE ACTION, SAVE A LIFE



American Heart Association.  
Mission:Lifeline®

## WARNING SIGNS & SYMPTOMS OF A HEART ATTACK



Pain or discomfort in chest



Lightheadedness, nausea or vomiting



Jaw, neck or back pain



Discomfort or pain in arm or shoulder



Shortness of breath



Women are somewhat more likely to exhibit some common symptoms, including shortness of breath, nausea/vomiting and back or jaw pain.

IF YOU EXPERIENCE ANY OF THESE SYMPTOMS OR IF YOU SEE ANYONE EXPERIENCING ANY SYMPTOMS, **IMMEDIATELY CALL 911** OR FOLLOW THE LOCAL PROCEDURES LISTED BELOW

[www.heart.org/heartattack](http://www.heart.org/heartattack)