

Know the Symptoms

Symptoms of a **HEART ATTACK**

Do not wait, call 911 if you have:

- Chest discomfort, feelings of pressure or fullness.
- Pain in arms, back, neck, jaw or stomach.
- Shortness of breath, with or without chest pain.
- Cold sweat, nausea and/or lightheadedness.
- Women often have shortness of breath, nausea/vomiting, back or jaw pain.

Symptoms of a **STROKE**

Every second counts, call 911 FAST if:

- F**ace - one side of the face droops down.
- A**rm - loss of balance/coordination in arms/legs.
- S**peech - speech is slurred or confusing.
- T**ime is critical. Do not wait to see if the symptoms go away.

1.888.SBHS.123 • www.saintbarnabas.com/heartcenters

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