

Heart Attack Signs

Chest discomfort: pressure, squeezing, fullness or pain
(for more than a few minutes, or goes away and returns)

Discomfort: one or both arms, back, neck, jaw or stomach

Shortness of breath: (often with chest discomfort)

Other signs: cold sweat, nausea or lightheadedness.

Call 9-1-1 for Medical Emergencies

Don't Wait!

Within 5 minutes Call 9-1-1

If necessary

have someone drive you to the ER

Do not drive yourself



Arkansas Department of Health
Cardiovascular Health Program