

What are the Symptoms of a Heart Attack

If you think you may be having a heart attack, call 911 IMMEDIATELY!

Heart attack symptoms include:

- Chest pressure or pain that may spread to the arms, back, neck, jaw, or stomach
- Shortness of breath
- Nausea
- Cold sweats
- Lightheadedness
- Unusual fatigue
- Women may have subtler signs than men, such as tiredness, back pain, or jaw discomfort.

Preventive steps include not smoking, eating healthy, staying active, managing stress, and controlling blood pressure, cholesterol, and diabetes.

For more information click the links below.

Use QR code to view reference



<https://www.heart.org/en/about-us/heart-attack-and-stroke-symptoms>

Use QR code to view reference



<https://medlineplus.gov/heartattack.html>

