

Do you suspect someone may be having a **HEART ATTACK?**

Call 911!

Some heart attacks are sudden and intense – referred to as the “movie version of a heart attack.” Most heart attacks start slowly, with mild pain or discomfort. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain
- **Discomfort in other areas of the upper body.** Can include pain or discomfort in one or both arms, the back, neck, jaw or stomach
- **Shortness of breath.** May occur with or without chest discomfort
- **Other signs:** May include breaking out in a cold sweat, nausea, or lightheadedness

Any of these symptoms may indicate heart attack. Only a qualified health care provider can diagnose heart attack. Time is critical for optimal treatment.



health.mo.gov/living/healthcondiseases/chronic/heartdisease/index.php

Missouri Department of Health and Senior Services. Heart Disease and Stroke Prevention Program. DHSS is an equal opportunity/affirmative action employer. Services are provided on a nondiscriminatory basis. For more information call 1-800-316-0935.

