



A **HEART ATTACK** occurs when the blood flow to a part of the heart is blocked, often by a blood clot that gets “stuck” in a clogged artery.

SIGNS OF A HEART ATTACK

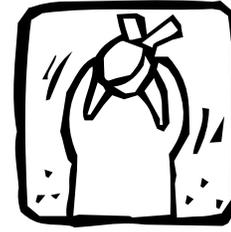
- ☛ Pressure, fullness, discomfort or squeezing in the center of your chest. It can last for more than a few minutes **or** can go away and come back.
- ☛ Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ☛ Shortness of breath (with or without chest discomfort), breaking out in a cold sweat, nausea or lightheadedness.
- ☛ Like men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely to experience shortness of breath, nausea or vomiting, and back or jaw pain.



A heart attack is an **EMERGENCY**: call **911**. Starting treatment **immediately** can *reduce* your chances of permanent damage and increase your chances of a swift and full recovery.

If you can get the victim to a hospital quicker than the rescue squad can respond, drive him/her yourself. If **YOU** think you are having a heart attack or stroke, call **911** immediately or have someone else drive you to the hospital: **DO NOT** drive yourself.

ROBBINSVILLE HEALTH DEPARTMENT



A **STROKE** happens when a blood vessel that feeds the brain gets clogged or bursts. TIAs are “warning” or “mini” strokes that can happen before a major stroke.

SIGNS OF A STROKE

- ☛ Sudden weakness or numbness of the face, arm or leg on one side of the body.
- ☛ Sudden dimness or loss of vision, particularly in one eye.
- ☛ Loss of speech, or trouble understanding speech or talking.
- ☛ Sudden, severe headache with no apparent cause.
- ☛ Unexplained dizziness, unsteadiness or sudden falls, especially along with any of the above symptoms.



A stroke is an **EMERGENCY**: call **911**. Starting treatment **immediately** can *reduce* your chances of permanent damage and increase your chances of a swift and full recovery.

If you can get the victim to a hospital quicker than the rescue squad can respond, drive him/her yourself. If **YOU** think you are having a heart attack or stroke, call **911** immediately or have someone else drive you to the hospital: **DO NOT** drive yourself.

Emergency Contact _____

Phone Number _____