

Heart Attacks Know the Signs

Chest discomfort: often in the chest that lasts for more than a few minutes, that goes away and comes back. May feel like pressure, squeezing, fullness or pain, one or both arms, back, neck, jaw.

Discomfort in other areas of the upper body such as pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath: Often with chest discomfort.

Other signs may include a cold sweat, nausea or lightheadedness.

Call 9-1-1 for Medical Emergencies

If you experience any of the symptoms and they persist longer than 3 minutes:

Sit down and relax

Chew an aspirin

Have an ambulance take you to the ER

Do not drive yourself



Alabama Department
of Public Health
Cardiovascular
Health Program