HEART ATTACK

Signs of a heart attack may occur suddenly or over time

- Chest pain that may go into the neck or arms
- Shortness of breath
- Excessive sweating
- Paleness
- Nausea
- Lightheadedness or dizziness

How to assist someone having a heart attack

- Call 911 immediately
- Lie the person down on a firm surface with legs slightly elevated
- Loosen tight collars or belts
- Cover with a light blanket if needed
- If the victim becomes unconscious, try to keep the airway open by tilting the head back slightly
- Before you need to help someone, learn CPR

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