American Heart Association

HEART ATTACK WARNING SIGNS

LOUISIANA EMERGENCY RESPONSE NETWORK

IF YOU ARE EXPERIENCING. . .

- Pressure, squeezing, fullness, or pain in the chest that lasts more than a few minutes, or goes away and comes back
- Pain or discomfort in one or both arms, jaw, neck, or stomach
- Shortness of breath, with or without chest discomfort
- Cold sweat, nausea, dizziness, or lightheadedness
- Severe or unexplained fatigue

YOU MAY BE HAVING A HEART ATTACK!

Call 911 and get to a hospital IMMEDIATELY. DO NOT DRIVE YOURSELF.

CALL 911