



# 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