



HEART ATTACK & STROKE

Today's Date: _____

Disclaimer: This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. However, it is to be used for reference purposes only and is not intended to cover all aspects of the topic presented.

Heart attack and stroke are life and death emergencies - every second counts. If you see or have any of the symptoms listed below, immediately call 9-1-1 or your emergency response number. Not all of these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help immediately! Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, don't delay - get help right away!

HEART ATTACK

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, back or jaw pain, and anxiety.

Warning Signs:

- ♥ **Chest discomfort**
- ♥ **Shortness of breath**
- ♥ **Tightness or discomfort in the arm, back, and/or jaw**
- ♥ **Cold sweat, nausea, or lightheadedness**

Minutes count. Fast action can save lives - maybe your own. Don't wait more than five minutes to call 9-1-1 or your emergency response number. While waiting for help, ask about allergies and then give the victim one adult or two baby aspirin.

STROKE

Immediately call 9-1-1 or the Emergency Medical Services (EMS) number so an ambulance can be sent. Also, check the time so you'll know when the first symptoms appeared. A clot-busting drug called tissue plasminogen activator (tPA) may improve the chances of getting better, but only if you get help right away.

Spot a Stroke F.A.S.T.:

- **Face Drooping:** Does one side of the face droop or is it numb?
- **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty:** Is speech slurred? Are they unable to speak? Ask the person to recite their address or repeat a simple sentence.
- **Time to call 911:** If the person shows any of these symptoms, even if they go away, call 911 and get them to the hospital immediately.

Be sure to have the address and location of your worksite posted where you can refer to it in an emergency.

Attended By: