

Don't be embarrassed to death.

If an ambulance arrived at your neighbor's house, you wouldn't be embarrassed for them would you?



So . . . why hesitate to call for help when your life is at risk?

Calling **9-1-1**

**can be the difference
between life and
death.**

Remember:

- Many heart attacks are NOT as dramatic as the ones on TV
- Not all people who have heart attacks have the same symptoms
- Many people that have heart attacks have symptoms and warning signs hours, days or weeks in advance

Heart Attack Symptoms

- Uncomfortable pressure, fullness, squeezing, or pain in the center of the chest that is recurring
- Pain that spreads to the shoulders, neck or arms
- Shortness of breath, lightheadedness, fainting, sweating, or nausea, with or without chest discomfort

