

HEART ATTACK & STROKE

KNOW THE SIGNS AND SYMPTOMS

*Every minute counts!
Call 9-1-1 right away.*



www.idahoheartandstroke.org

HEART ATTACK SYMPTOMS

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

STROKE SYMPTOMS

- Weakness or numbness in the face, arm or leg, especially if it's limited to one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance, or coordination
- Severe headache for no apparent reason

[*www.americanheart.org*](http://www.americanheart.org)

[*www.cdc.gov*](http://www.cdc.gov)

[*www.idahoheartandstroke.org*](http://www.idahoheartandstroke.org)



IDAHO DEPARTMENT OF
HEALTH & WELFARE