

# Medical Emergencies

## Call 911 – Signs of a Heart Attack, Stroke

### **HEART ATTACK**

**Chest discomfort.** It can feel like uncomfortable pressure, squeezing, fullness or pain.

**Discomfort in other areas of the upper body.** (one or both arms, the back, neck, jaw or stomach).

**Shortness of breath** with or without chest discomfort.

**Other signs** may include breaking out in a cold sweat, nausea or lightheadedness (somewhat more likely in women).

### **STROKE**

**FACE:** Ask him / her to smile. Does one side of their face droop?

**ARMS:** Ask him / her to raise both arms. Does one arm drift downward?

**SPEECH:** Ask him / her one to repeat a simple phrase. Does his or her speech sound slurred or strange?

**TIME:** Time is crucial. **Call 9-1-1 immediately if you or your loved one has any of these symptoms.**