

KNOW THE SIGNS

BECAUSE YOU CAN'T PAUSE A HEART

If you or someone in your household is experiencing heart attack symptoms, every minute you wait before seeking medical care is life threatening and could be causing irreparable damage.

Should you experience any of the following, call emergency services immediately.

**PRESSURE, BURNING OR
TIGHT FEELING IN THE CHEST**

**PAIN MAY RADIATE TO
ARMS, THROAT, NECK,
BACK, STOMACH OR JAW**

**SOMETIMES, SUDDEN
SHORTNESS OF BREATH**

**SOMETIMES,
SWEATING AND
NAUSEA**



Go to www.cantpauseaheart.org
for more information

