

Learn What a Heart Attack Feels Like— It Could Save Your Life.

This fact sheet tells you about heart attack signs. It also tells you what to do if you are having any of these signs.

Take these steps. They could save your life.

1. Know the signs of a heart attack.
2. Understand that heart attacks are not all the same.
3. Act fast.
4. Call 9-1-1.

Know the heart attack warning signs.



Your chest hurts or feels squeezed.



One or both arms, your back, shoulders, neck, or jaw may hurt.



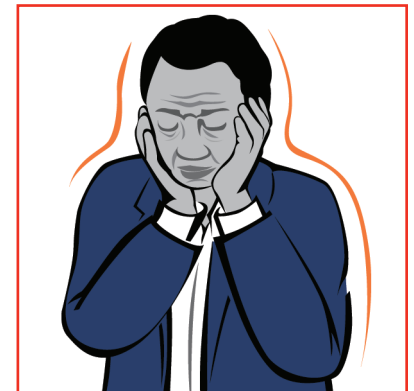
You may feel like you can't breathe.



You may feel light-headed or break out in a cold sweat.



You may feel sick to your stomach, or your stomach may hurt.



You may feel really, really tired.



Understand that heart attacks are not all the same.



Some heart attacks are sudden. Other heart attacks start slowly. Your pain and other signs may go away and come back. You may not be sure if you are having a heart attack. **Don't wait, check it out right away.**

Act fast. Call 9-1-1.



Call 9-1-1 if you think you may be having a heart attack. Don't wait! If you can't call, ask a family member or friend to call 9-1-1.



Do not drive yourself to the hospital. The ambulance will come as fast as it can. Ambulance workers will start life-saving medicines and other treatments right away.

To help survive a heart attack, take these steps:

1. Know the signs of a heart attack.
2. Understand that heart attacks are not all the same.
3. Act fast.
4. Call 9-1-1.



U.S. Department of Health and Human Services
National Institutes of Health



National Heart
Lung and Blood Institute



Preventing Heart Attacks and Strokes

