

HEALTHY HUNTER

HEART ATTACK & STROKE WARNING SIGNS

Heart Attack Warning Signs

- **Chest Discomfort**
Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort In Other Areas Of The Upper Body**
Symptoms can include pain or discomfort in 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.

BE FAST Stroke Warning Signs

- B:** Balance loss
- E:** Eyes, meaning vision is blurry
- F:** Face drooping
- A:** Arm drooping to one side
- S:** Slurred speech, difficulty speaking or being unable to speak
- T:** Terrible headache and Time to call 911 if you notice any of the above

