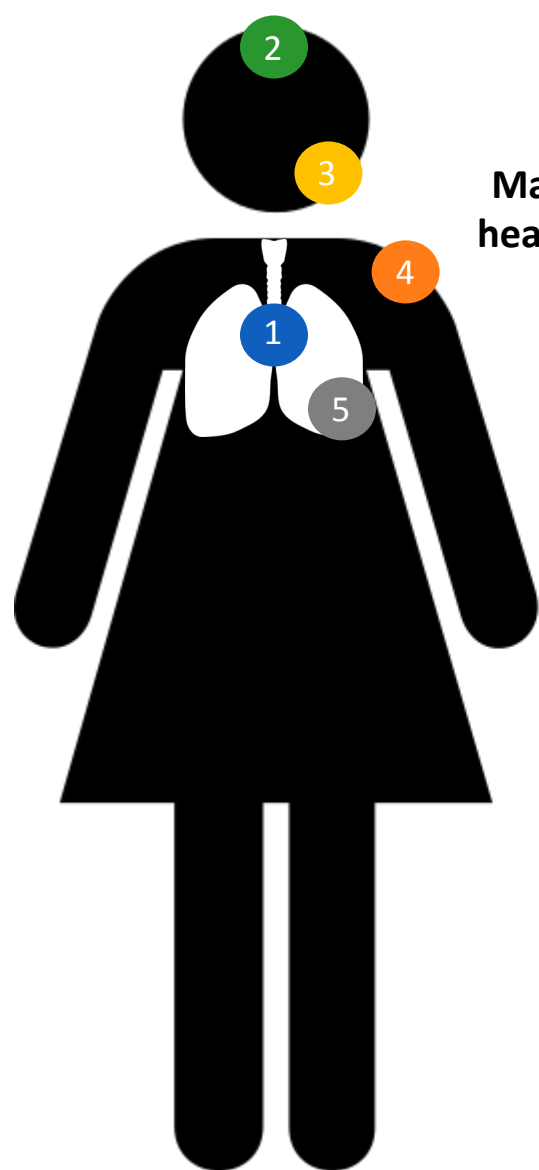
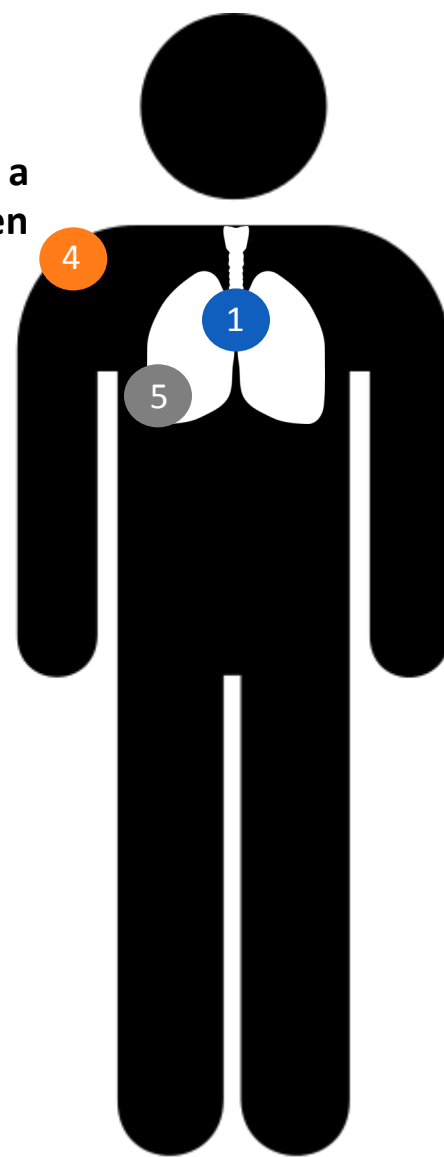


# Signs and Symptoms of Heart Attack



Major signs and symptoms of a heart attack in women and men



1

Chest pain  
or  
discomfort

2

Nausea,  
feeling light-  
headed or  
unusually tired

3

Pain or  
discomfort in  
the jaw, neck,  
or back

4

Pain or  
discomfort in  
the arm or  
shoulder

5

Shortness of  
breath

**\*Heart Attacks are EMERGENCIES\***

If you or a co-worker is experiencing the above symptoms,  
**CALL 9-1-1 immediately!**