

# Common Warning Signs of a Heart Attack

## WHAT ARE THEY?

Heart attacks may not be like what you see in the movies, sudden and intense. Many heart attacks start slow, with mild pain or discomfort.

### Sweating or Light Headed

Breaking out in a cold sweat or feeling light headed are warning signs.

### Shortness of Breath

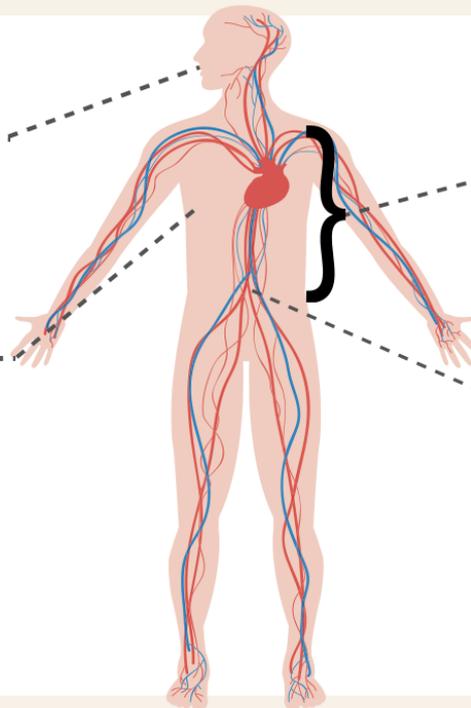
If you are having difficulty breathing, or feel tired for no reason, it could be a sign that something is wrong.

### Chest Discomfort

Chest pain or discomfort in other areas of the upper body are a definite warning sign.

### Nauseous

Feeling nauseated, alone, is not a warning sign, but in combination with others, should raise red flags.



## Men

Men are most likely to experience the symptoms of chest pain or discomfort, as well as chest pressure.



## Women

Women are most likely to also experience chest pain or discomfort, but are also more likely to experience shortness of breath, nausea/vomiting, and back or jaw pain.

## What To Do?

### Step 1:



### Step 2:



### Step 3:



### Step 4:

