

# TIME IS MUSCLE

## EARLY HEART ATTACK CARE

**Early recognition and treatment of heart attacks saves lives.**

### Typical symptoms of a heart attack

- Chest, back, neck, jaw, shoulder, arm pain/discomfort
- Indigestion, nausea, vomiting
- Sweating
- Shortness of breath

### Women can have unusual symptoms

- Fatigue
- Heart burn, stomach pain
- Lightheadedness, dizziness

### Geriatrics and diabetics can also have unusual symptoms

- Weakness
- Lightheadedness
- Confusion

If you or someone you know show any of these symptoms

**CALL 911 IMMEDIATELY**

**NEVER** drive yourself to the hospital if you show signs of a heart attack.