

STROKE WARNING SIGNS AND ACTIONS



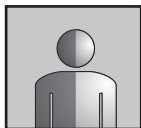
HEART &
STROKE
FOUNDATION

Finding answers. For life.

Stroke is a medical emergency.

Recognizing and responding immediately to the warning signs of stroke by calling 9-1-1 can significantly improve survival and recovery. Only 20% to 25% of those who have a stroke actually get emergency care and treatment within three hours of the onset of symptoms – the critical time frame during which clot-busting drugs are most effective.

SIGNS



Weakness

Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.



Trouble speaking

Sudden difficulty speaking or understanding or sudden confusion, even if temporary.



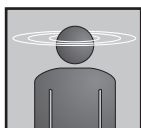
Vision problems

Sudden trouble with vision, even if temporary.



Headache

Sudden severe and unusual headache.



Dizziness

Sudden loss of balance, especially with any of the above signs.

ACTION

If you experience any of these symptoms, **CALL 9-1-1** or your local emergency number immediately.

HEART ATTACK WARNING SIGNS AND ACTIONS



HEART &
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Learn to recognize the signals of a heart attack so you can react quickly and save a life.

SIGNS

Pain

- sudden discomfort or pain that does not go away with rest
- pain that may be in the chest, neck, jaw, shoulder, arms or back
- pain that may feel like burning, squeezing, heaviness, tightness or pressure
- in women, pain may be more vague
- chest pain or discomfort that is brought on with exertion and goes away with rest

Shortness of breath

- difficulty breathing

Nausea

- indigestion
- vomiting

Sweating

- cool, clammy skin

Fear

- anxiety
- denial

ACTIONS

If you are experiencing any of these heart attack warning signals, you should:

- **CALL 9-1-1** or your local emergency number immediately, or have someone call for you.
- Stop all activity and sit or lie down in whatever position is most comfortable.
- If you have been prescribed nitroglycerin, take your normal dosage.
- If you are experiencing chest pain, chew and swallow one adult 325 mg ASA tablet (acetylsalicylic acid, commonly referred to as Aspirin®) or two 80 mg tablets. Pain medicines such as acetaminophen (such as Tylenol®) or ibuprofen (such as Advil®) do not work the same way as ASA and will not help in a heart attack.
- Wait for emergency medical services (EMS) personnel to arrive.

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1-888-HSF-INFO (1-888-473-4636)