

STROKE WARNING SIGNS AND ACTIONS



HEART &
STROKE
FOUNDATION

Stroke is a medical emergency. Recognizing and responding immediately to the warning signs of stroke by calling 9-1-1 or your local emergency number 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



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Learn to recognize the signs 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



Sweating

- cool, clammy skin



Nausea

- indigestion
- vomiting



Fear

- anxiety
- denial

ACTIONS

If you are experiencing any of these heart attack warning signs, 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 (473-4636)