

Women know your heart attack warning signs:

- Chest discomfort, pain, squeezing, burning or mild to severe pressure in the center of your chest that lasts more than a few minutes or comes and goes.
- Upper body discomfort in one or both arms, back, neck, jaw or stomach.
- Shortness of breath, with or without chest discomfort.
- Dizziness, lightheadedness or fainting, nausea and vomiting, cold sweats.
- Feelings of anxiety, fatigue, or weakness—unexplained or on exertion.



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Take Action if you are having several heart attack warning signs:

- Call 911 within 5 minutes of the start of symptoms. Tell the operator you think you are having a heart attack. Even if your symptoms stop completely in less than 5 minutes, call your doctor.
- Do not drive yourself or let family or friends drive you to the hospital. Emergency personnel can begin treating you on the way in an ambulance.
- Chew and swallow one regular full-strength aspirin with water as soon as possible to prevent blood clotting.
- At the hospital, make it clear that you are having symptoms of a heart attack. Ask for a complete cardiac evaluation, including an electrocardiogram (EKG) and a cardiac enzyme blood test.
- If you are not receiving prompt evaluation, tell them again that you are experiencing heart attack symptoms.

WomenHeart

1100 17th Street, NW, Suite 500

Washington, DC 20036

Tel: 202-728-7199

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