



Learn What a Heart Attack Feels Like

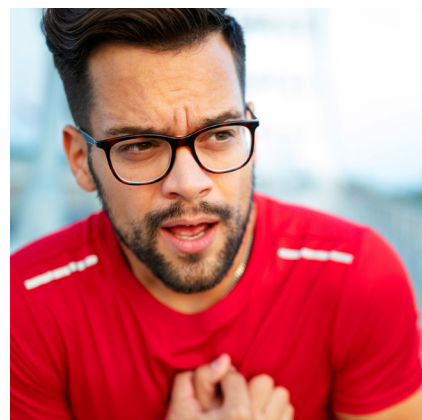
Know the heart attack warning signs.



Your chest may hurt or feel squeezed, or it may feel like heartburn or indigestion.



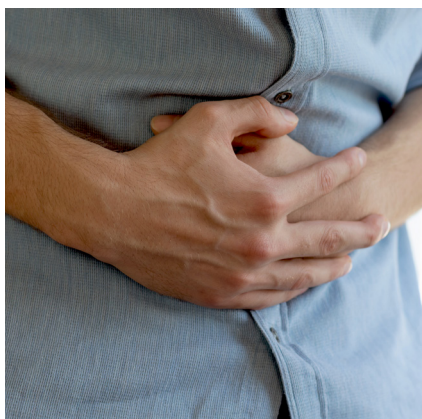
Your arms, back, shoulders, neck, jaw, or upper stomach (above the belly button) may hurt.



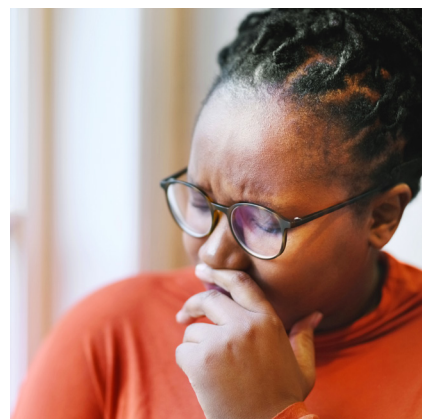
You may feel like you can't breathe.



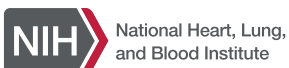
You may feel light-headed or break out in a cold sweat.



You may feel sick to your stomach.



You may feel really, really tired.



To learn more about heart health,
visit hearttruth.gov





Understand that heart attacks are not all the same.

Some heart attacks are sudden. Other heart attacks start slowly. Your pain and other signs may go away and come back. You may not be sure if you are having a heart attack. **Don't wait, check it out right away.**

Act fast. Call 9-1-1.



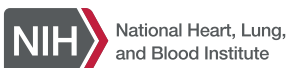
Call 9-1-1 if you think you may be having a heart attack. Don't wait! If you can't call, ask a family member or friend to call 9-1-1.



Do not drive yourself to the hospital. The ambulance is the best and safest way to get there. Emergency medical services workers will start lifesaving treatments right away.

To help survive a heart attack, take these steps:

- ▶ Know the signs of a heart attack.
- ▶ Understand that heart attacks are not all the same.
- ▶ Act fast. Call 9-1-1.



U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov

NIH Publication No. 20-HL-5062
October 2020

