Heart Attack Warning Signs

- Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes or goes away and comes back
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness

Call 9-1-1 fast!
Stroke Warning Signs

• Walk: Is balance off?

• Talk: Is speech slurred or face droopy?

• Reach: Is one side weak or numb?

• See: Is vision all or partially lost?

• Feel: Is headache severe?

Call 9-1-1 fast!