

# BECAUSE EVERY SECOND COUNTS

Chances of surviving a heart attack are directly linked to how quickly treatment is received. With so much at stake, it is critical that you know the warning signs of heart attack and stroke, and what to do if you develop any of these signs and symptoms.



# ACT IN TIME

## HEART ATTACK WARNING SIGNS

TIME LOST IS HEART MUSCLE LOST



Beaufort Memorial  
COCHRANE HEART CENTER

Some **heart attacks** are sudden and intense, but most start slowly with mild pain or discomfort with one or more of these symptoms:

**CHEST PAIN/  
DISCOMFORT**

**PAIN/  
DISCOMFORT**  
(in one or both arms,  
back, neck jaw and/  
or stomach)

**SHORTNESS OF  
BREATH**  
(with or without  
chest pain/  
discomfort)

**COLD SWEATS**

**NAUSEA/  
VOMITING**

**DIZZINESS**

**OVERWHELMING  
FATIGUE**

**PALPITATIONS**