

IT'S AN EMERGENCY!

DIAL 9-1-1

For the following emergencies, contact your local (emergency medical services) EMS by dialing 9-1-1. In some communities, the fire or police department should be called. Post the telephone numbers of both near each telephone in your house.

PERFORM CPR IF NEEDED

If you or someone present has been trained in cardiopulmonary resuscitation (CPR), this procedure may be used to keep a person alive until help arrives. CPR is a part of Basic Life Support (BLS): recognizing and correcting failure of the heart or lungs.

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain or discomfort. Often the people affected aren't sure what's wrong and wait too long before getting help. Here are some of the signs that can mean a heart attack is happening.

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.



If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than 5 minutes before calling for help.

Call 9-1-1...Get to a hospital right away.

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

Not all these warning signs occur in every stroke. If some start to occur, don't wait. Get help immediately. **Stroke is a medical emergency — call 9-1-1.**

Cardiac Arrest Strikes Immediately and Without Warning

If it occurs, call 9-1-1 and begin CPR immediately. Here are the signs of cardiac arrest:

- Sudden loss of responsiveness. No response to gentle shaking.
- No normal breathing. The victim does not take a normal breath when you check for several seconds.
- No signs of circulation. No movement or coughing.

USE THE HEIMLICH MANEUVER

Learn the Heimlich Maneuver to help relieve a person who is choking. The Heimlich Maneuver consists of sharp thrusts under the choking person's diaphragm to dislodge an item blocking the air passage.

Choking Symptoms:

- An ineffective cough and high-pitched inhaling noises
- Inability to speak or cry
- Clutching the neck between thumb and fingers
- Extreme difficulty in breathing
- Possible blueness of lips, nails, or skin

