

## Learn the signs of heart attack



**Chest discomfort**  
Pressure, squeezing, fullness or pain, burning or heaviness



**Sweating**



**Upper body discomfort**  
Neck, jaw, shoulder, arms, back



**Nausea**



**Shortness of breath**



**Light-headedness**

**Call 9-1-1 right away.**

[heartandstroke.ca/heartsigns](http://heartandstroke.ca/heartsigns)

**Women take note:** For both men and women, the most common heart attack sign is chest pain or discomfort; however, women can experience a heart attack without chest pressure. They may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or fainting, upper back pressure or extreme fatigue.

## BE PREPARED

**Fill out this information. Keep it handy by the phone:**

Local emergency number: 9-1-1 or \_\_\_\_\_

Your address: \_\_\_\_\_

Your phone number: \_\_\_\_\_

Pre-existing medical conditions, medications, allergies (for each family member):

Name of family member	Pre-existing medical conditions, medications, allergies. <small>Your pharmacist likely provides you with a list of your medications when you visit. Staple that to this list!</small>

Emergency contact (could be a health care decision maker/power of attorney)

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

**If you witness someone having a heart attack, do what you can to keep them safe and stay with them until help arrives.**

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### IF YOU LIVE ALONE:

- **If you are an older adult or you have an existing medical condition, speak to your healthcare provider for advice on getting an emergency alert system in your home**
- **Develop a network of people to check in with regularly**
- **Ensure someone in your network has a key to your home, and knows your medical conditions and preferences in a serious health crisis**

### If you are experiencing any of these signs:

- ✓ Call 9-1-1 or have someone call for you.
- ✓ Stop all activity and sit or lie down.
- ✓ If you take nitroglycerin, take your normal dosage.
- ✓ Chew and swallow one 325mg tablet or two 81mg tablets of ASA (Aspirin®), as long as you are not allergic.
  - ▶ Do not take other pain medications such as acetaminophen (Tylenol®), or ibuprofen (Advil®) instead of Aspirin.
  - ▶ Do not substitute Aspirin for medical care.
- ✓ Rest and wait for (EMS) Emergency Medical Services to arrive.

### If you witness someone having a heart attack:

- ✓ Do what you can to keep them safe and stay with them until help arrives.
- ✓ CALL 9-1-1

### When you're on the phone with the 9-1-1 operator:

- ✓ Speak slowly and clearly
- ✓ The 9-1-1 operator will ask for information, including:
  - ▶ Your location and accessing your building
  - ▶ The person's name, sex, and age
  - ▶ Heart attack signs and symptoms and when they first began
  - ▶ Medications the patient is taking and pre-existing conditions
- ✓ Do not hang up until the operator tells you to

### When EMS arrives, they will:

- ✓ Ask for information, including:
  - ▶ Information about the patient
  - ▶ Who the decision-maker for the patient may be
- ✓ Provide instructions, including:
  - ▶ Accompanying the patient to the hospital
  - ▶ Being accessible by phone for decision-making

**Learn more at [heartandstroke.ca/heartsigns](http://heartandstroke.ca/heartsigns)**