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TROPICAL STORM/HURRICANE INFORMATION SHEET

WARNING SIGNS OF HEART ATTACK

As Floridians begin the task of recovery from the storm, health officials ask individuals, especially those performing heavy physical activity, to be aware of the warning signs of heart attacks.

While some heart attacks are sudden and intense, many heart attacks start slowly, with mild pain or discomfort. If you, or someone you are with begins to have chest discomfort and/or other signs of a heart attack, call 9-1-1 right away.

Main Points

- Know the warning signs of a heart attack.
- Call 9-1-1 immediately if you or someone near you has one of the warning signs.
- Reduce your chances of having a heart attack by having a healthy lifestyle.

Warning Signs of a Heart Attack

A heart attack happens when the blood supply to the heart is reduced such as when arteries to the heart are narrowed or blocked by fat and cholesterol buildup. This prevents the heart from getting the blood and oxygen it needs. Without oxygen, the cells in the heart begin to die. The more time that passes without treatment, the greater the damage to the heart.

- You may have one or more of the following warning signs of a heart attack:
 - **Chest discomfort.** You may feel uncomfortable pressure, fullness, squeezing, or pain in the center of the chest. It may last a few minutes or it may go away and come back.
 - **Upper body pain.** You may have pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
 - **Shortness of breath.** This can occur before or along with chest discomfort.
 - **Other symptoms.** You may also break out in a cold sweat, have nausea, or be lightheaded.
- Women may have some or none of the common signs of a heart attack. Women may have:
 - Vomiting
 - Nausea
 - Pain in the right back, shoulder, arm, throat, or neck
 - Heavy sweating
 - Shortness of breath
 - Fatigue
 - Indigestion or stomach pain
- If you or someone you are with shows one or more of these signs, don't ignore them. **Call 9-1-1 to get medical help right away.**

For further information, please contact your local county health department or visit www.doh.state.fl.us or www.FloridaDisaster.org.

For more state and federal information on emergency and disaster planning, visit the following Web sites: www.FloridaDisaster.org, www.RedCross.org, www.ready.gov or www.fema.gov.