

NEW LONDON HOSPITAL

# WARNING SIGNS OF HEART ATTACK

## **CHEST DISCOMFORT:**

**An uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts for more than a few minutes or goes away and comes back**

## **DISCOMFORT**

**in other areas of the upper body, such as the arms, back, neck, jaw or stomach**

## **SHORTNESS OF BREATH**

## **OTHER SIGNS:**

**Breaking out in a cold sweat, nausea/vomiting, or light-headedness**

**If you think you are having a heart attack, call 911 right away. Important life-saving treatment is started by the EMS team on the scene. Driving yourself to the hospital delays treatment and puts you at risk.**



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# WARNING SIGNS OF STROKE

## **SUDDEN**

**Numbness or weakness of the face, arm, or leg, especially on one side of the body**

## **ABRUPT**

**onset of confusion, trouble speaking or understanding**

## **SUDDEN**

**double vision or trouble with vision**

## **ABRUPT**

**onset of dizziness, loss of balance or coordination**

## **SUDDEN**

**severe headache**

**If you think you are having a stroke, call 911 right away. Important life-saving treatment is started by the EMS team on the scene. Driving yourself to the hospital delays treatment and puts you at risk.**



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