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.
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.