Act in Time to Heart Attack Signs

Heart disease is the top killer of men and women.
Learn the signs of a heart attack and the steps to take if one happens. You can save a life—maybe your own.

Treatments can stop a heart attack in its tracks.
Clot-busting drugs and other artery-opening treatments work best to stop a heart attack if given within 1 hour of the start of symptoms.

Know the warning signs:
▲ Discomfort or pain in the center of the chest.
▲ Discomfort in the arm(s), back, neck, jaw, or stomach.
▲ Shortness of breath.
▲ Breaking out in a cold sweat, nausea, or light-headedness.

Uncertainty is normal.
Heart attacks are not always sudden and intense. Many start slowly, with only mild pain or discomfort. You may not be sure what’s wrong—even if you’ve had a heart attack. Each heart attack can have different signs. When in doubt, check it out.

Don’t delay. Call 9-1-1.
Minutes matter! Don’t wait more than a few minutes—5 minutes at most—to call 9-1-1.

Plan ahead.
▲ Learn the warning signs.
▲ Talk with family and friends about the warning signs and the need to call 9-1-1 quickly.
▲ Talk with your health care provider about factors that increase your chance of having a heart attack—and how to reduce your risk.