

**If You Have These Symptoms,  
Seek Medical Care Immediately  
Call 9-1-1 – It could save your life!**

# Heart Attack Warning Signs

- Chest discomfort – uncomfortable pressure, squeezing, fullness or pain
- Upper body discomfort – in one or both of your arms, back, neck, jaw or stomach
- Shortness of breath
- Breaking out in a cold sweat
- Nausea
- Lightheadedness
- Fatigue (especially in women)

Visit [www.valleyhospital.net](http://www.valleyhospital.net) to access a Heart Attack Survival Plan.

