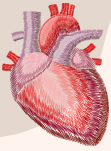


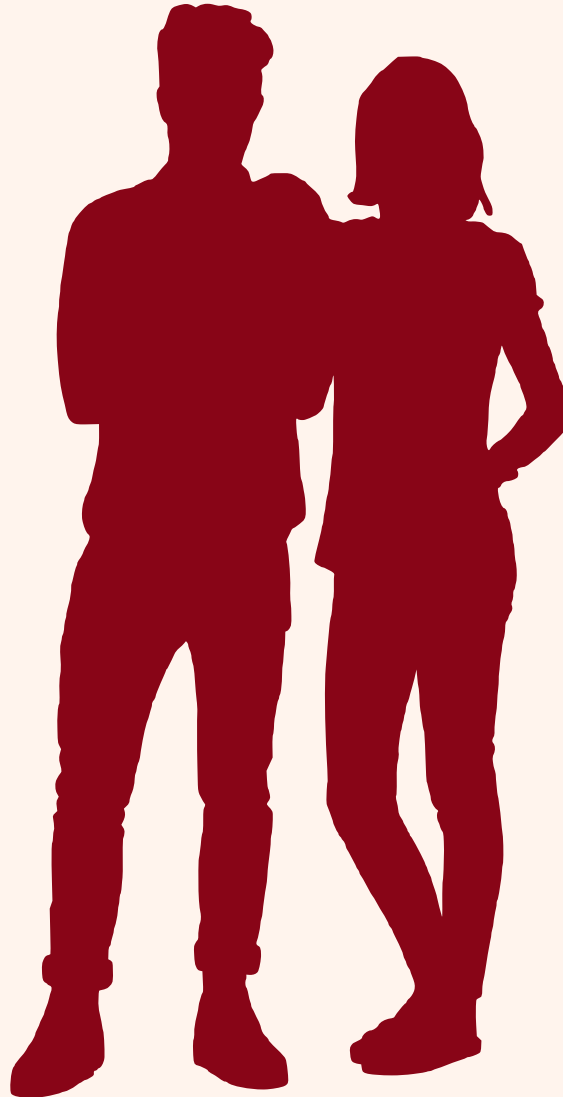
GET FAMILIAR WITH SIGNS OF A HEART ATTACK OR STROKE



February is American Heart Month – a time when the nation spotlights heart disease, the nation's leading killer. Every 40 seconds someone has a heart attack. Getting medical help quickly is crucial in response to a heart attack or stroke. But it's important to know the signs in **both** men and women so you can act quickly and efficiently.

MEN

- Nausea or vomiting
- Jaw, Neck or back pain
- Discomfort or pain in arm or shoulder
- Squeezing chest pressure or pain
- Shortness of breath



WOMEN

- Nausea or vomiting
- Jaw, Neck or upper back pain
- Discomfort or pain in arm or shoulder
- Chest pain *but not always*
- Shortness of breath
- Fainting
- Indigestion
- Extreme fatigue

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.

For more information on sign of a heart attack or stroke, visit:

www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack



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