

Know the symptoms of a heart attack.

Call 911 immediately if you suspect you or someone you are with is having a heart attack. Do not drive yourself or someone else to the hospital. Call 911.

The **most common** symptoms of a heart attack:

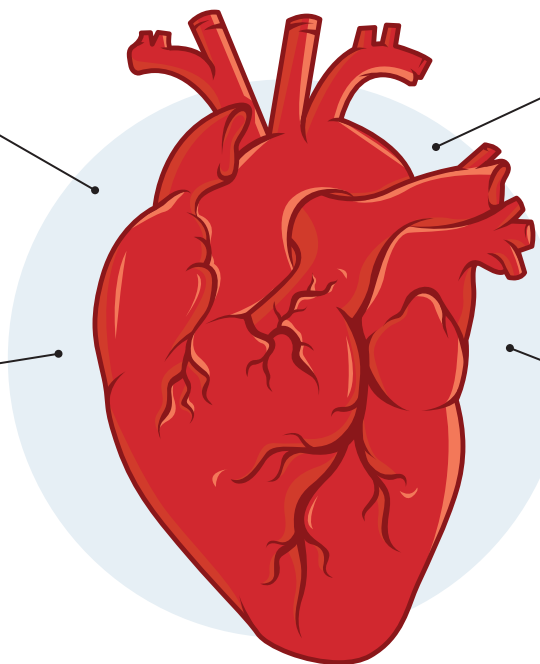
The occurrence of any of these symptoms **WITHOUT** exertion



Pain that spreads to the **shoulders, neck, jaw, arms** or **back**



Chest discomfort associated with **lightheadedness, fainting, sweating, nausea** or **shortness of breath**



Profound fatigue, which may last several days before the heart attack



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

The **less common** symptoms of a heart attack:

There are less common warning signs of a heart attack that should also be taken seriously, especially if they accompany any symptoms from the most common symptoms list. The important feature is that these symptoms are new, possibly subtle and unexplained. These less common symptoms include:



Stomach or abdominal pain



Nausea or dizziness



Shortness of breath



Unexplained anxiety, weakness or fatigue



Palpitations, cold sweat or paleness

Your heart doesn't beat just for you. Get it checked.

rwjbh.org/heart

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HEALTH