

## heart attack

A heart attack happens when the heart does not receive enough blood and oxygen. A heart attack occurs when a blood vessel carrying blood to the heart is blocked. The severity of the heart attack depends on duration of the blockage.

### Signs & Symptoms:

- Shortness of breath
- Flushed face & sweating
- Pain, pressure or tightness in the chest & shoulders
- Pain in the arms, neck, back or jaw
- Anxiety – fear, confusion, denial of symptoms
- Nausea & vomiting
- Weakness
- Dizziness
- Indigestion

#### **DID YOU KNOW?**

ASA (Asprin) can help reduce the effects of a heart attack by thinning the victim's blood, thereby allowing blood to reach the heart muscle.

### Treatment:

- Call 911
- Get the victim into a comfortable seated position
- Loosen tight clothing
- Ask the victim if this has ever happened before:
  - If YES: Assist victim with prescribed medication (nitroglycerin)
  - If NO: Offer ASA (Aspirin) if available, confirming that the victim is not allergic.
- Reassure the victim and treat for shock



NOTE: A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.

