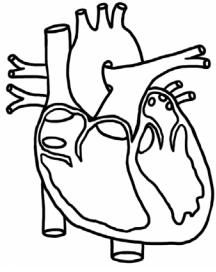


HEART ATTACK



A heart attack occurs if the flow of oxygen-rich blood to a section of heart muscle suddenly becomes blocked and the heart can't get oxygen.

SYMPTOMS

1

Chest Pain or Discomfort

5

Lightheadedness or Fainting

2

Shortness of Breath

6

Anxiety

3

Nausea and Vomiting

7

Sweating

4

Feeling Tired

8

Heart Palpitations

WHAT TO DO



CALL 9-1-1

Immediately if you believe you are having a heart attack

A person's chances of surviving a heart attack are increased if emergency treatment is given ASAP.

NUMBERS



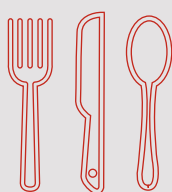
Every year **715,000** people suffer heart attacks.

Every **33** seconds someone in the U.S. dies from cardiovascular disease.

PROTECT YOUR HEART



Avoid Smoking



Eat a Healthy Diet



Exercise