

Learn the signs of heart attack



Chest discomfort
Pressure, squeezing, fullness or pain, burning or heaviness



Sweating



Upper body discomfort
Neck, jaw, shoulder, arms, back



Nausea



Shortness of breath



Light-headedness

Call 9-1-1 right away.

heartandstroke.ca/heartsigns

BE PREPARED

Fill out this information. Keep it handy by the phone:

Local emergency number: 9-1-1 or _____

Your address: _____

Your phone number: _____

Pre-existing medical conditions, medications, allergies (for each family member):

Name of family member	Pre-existing medical conditions, medications, allergies. <small>Your pharmacist likely provides you with a list of your medications when you visit. Staple that to this list!</small>

Emergency contact (could be a health care decision maker/power of attorney)

Name: _____

Phone number: _____

If you witness someone having a heart attack, do what you can to keep them safe and stay with them until help arrives.

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IF YOU LIVE ALONE:

- **If you are an older adult or you have an existing medical condition, speak to your healthcare provider for advice on getting an emergency alert system in your home**
- **Develop a network of people to check in with regularly**
- **Ensure someone in your network has a key to your home, and knows your medical conditions and preferences in a serious health crisis**

If you are experiencing any of these signs:

- ✓ Call 9-1-1 or have someone call for you.
- ✓ Stop all activity and sit or lie down.
- ✓ If you take nitroglycerin, take your normal dosage.
- ✓ Chew and swallow one 325 mg tablet or two 81mg tablets of ASA (Aspirin®), as long as you are not allergic.
 - ▶ Do not take other pain medications such as acetaminophen (Tylenol®), or ibuprofen (Advil®) instead of Aspirin.
 - ▶ Do not substitute Aspirin for medical care.
- ✓ Rest and wait for (EMS) Emergency Medical Services to arrive.

If you witness someone having a heart attack:

- ✓ Do what you can to keep them safe and stay with them until help arrives.
- ✓ CALL 9-1-1

When you're on the phone with the 9-1-1 operator:

- ✓ Speak slowly and clearly
- ✓ The 9-1-1 operator will ask for information, including:
 - ▶ Your location and accessing your building
 - ▶ The person's name, sex, and age
 - ▶ Heart attack signs and symptoms and when they first began
 - ▶ Medications the patient is taking and pre-existing conditions
- ✓ Do not hang up until the operator tells you to

When EMS arrives, they will:

- ✓ Ask for information, including:
 - ▶ Information about the patient
 - ▶ Who the decision-maker for the patient may be
- ✓ Provide instructions, including:
 - ▶ Accompanying the patient to the hospital
 - ▶ Being accessible by phone for decision-making

Learn more at heartandstroke.ca/heartsigns