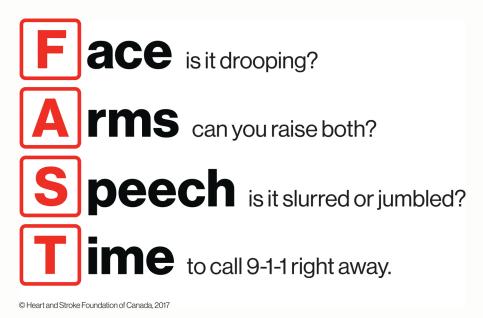


LEARN THE SIGNS OF STROKE



LEARN THE SIGNS OF HEART ATTACK

Chest discomfort: Uncomfortable chest pressure, squeezing, fullness or pain or heaviness

Discomfort in other areas: Neck, jaw, shoulder, arms, back

Shortness of breath

Nausea

Sweating

Light-headedness

If you experience any of these signs, call 9-1-1 or the emergency response number in your area immediately. Acting quickly can improve your survival and recovery.



heartandstroke.ca/myheartinmyhands

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