

# MY Heart IN MY Hands

## LEARN THE SIGNS OF STROKE

**F**

**ace** is it drooping?

**A**

**rms** can you raise both?

**S**

**peech** is it slurred or jumbled?

**T**

**ime** to call 9-1-1 right away.

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## 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](http://heartandstroke.ca/myheartinmyhands)

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