

## Heart attack warning signs

- 1** Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes or goes away and comes back
- 2** Pain or discomfort in one or both arms, your back, neck, jaw or stomach
- 3** Shortness of breath, with or without chest discomfort
- 4** Other signs such as breaking out in a cold sweat, nausea or lightheadedness

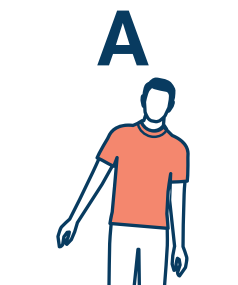
**Call 911 immediately if you or someone you are with have one or more of these warning signs!**

## Stroke warning signs

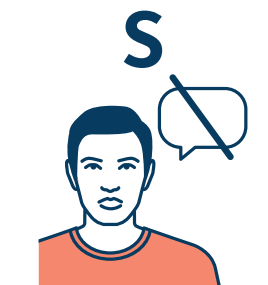
**F.A.S.T.** is an easy way to remember how to recognize a stroke and what to do.



FACE DROOPING



ARM WEAKNESS



SPEECH DIFFICULTY



TIME TO CALL 911

**Act fast and call 911 right away.**

Other symptoms you should watch for:

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or loss of coordination
- Sudden severe headache with no known cause

**Don't ignore the warning signs, even if they go away.  
Try to note the time when the first symptoms appeared.**

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[AdventistHealthWhiteMemorial.org/Emergency](https://www.AdventistHealthWhiteMemorial.org/Emergency)

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