

## 5 Signs of a Heart Attack

1.

Chest pain – squeezing, pressure, aching

2.

Pain that radiates down the arm – may spread to jaw, neck, or back

3.

Nausea, indigestion, heartburn

4.

Shortness of breath

5.

Cold sweat

### **Call emergency services right away!**

Follow all directions provided by the emergency operator. If the patient has been prescribed nitroglycerin, administer as directed.



Early detection of heart attack symptoms saves lives. Appropriate action within the first 60 minutes of a heart attack can reverse its course.

## 5 First Aid Basics

### **FOR CUTS AND SCRAPES:**

Apply gentle pressure, disinfectant, and bandages.

### **FOR SPRAINS:**

Apply ice and compression at intervals and keep the limb elevated.

### **FOR HEAT EXHAUSTION:**

Use cool fluids, cool cloths, and shade.

### **FOR HYPOTHERMIA:**

Use warm fluids and warm covering.

### **FOR FRACTURES:**

Keep the fractured area stable and immobilized, and apply a cold pack.

Once First Aid has been administered, access appropriate professional help.

### ***Call emergency services!***



Providing First Aid makes the injured person feel better and can help them achieve better health outcomes. In serious situations, First Aid can mean the difference between life and death.