

Be the Help *until Help Arrives*

SIGNS & SYMPTOMS OF STROKE & HEART ATTACK

October 12, 2022

STROKE

Balance	Watch for sudden loss of balance or coordination.
Eyes	Check for vision loss in one or both eyes.
Face Drooping	Does one side of the face droop or is it numb? Ask the person to smile.
Arms	Is one arm weak/numb? Ask the person to raise both arms. Does one drift downward?
Speech Difficulty	Is the person unable to speak or hard to understand? Ask him/her to repeat a simple phrase like, "The sky is blue."
Time	...to call 911! If the person shows any of these symptoms, even if they go away, call 911 immediately. Give them your 911 address!

Other symptoms to look for:

- ***Sudden weakness of the leg***
- ***confusion or trouble understanding***
- ***trouble walking***
- ***severe headache with no known cause***

HEART ATTACK

Chest	Most heart attacks involve discomfort in the center of the chest and lasts more than a few minutes, or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
Upper Body	Pain or discomfort in one or both arms, back, neck, jaw or stomach.
Shortness of Breath	With or without discomfort.
Other	Breaking out in a cold sweat, nausea, or lightheaded.

Minutes do matter!

If you experience any of these heart attack warning signs, call 911 to get the fastest medical attention. Give them your 911 address!

Source: Mon Health Heart and Vascular Center, Elkins, WV