

First Aid For Heart Attack

Preventing Heart Attack

- Quit smoking.
- Exercise regularly.
- Avoid high-fat foods.
- Learn to reduce stress.
- Control your blood pressure.
- Get regular checkups.

When a person's heart stops beating, death can occur within minutes. Know the symptoms and what to do if heart attack strikes. You could save a life.

A person having a heart attack may have...

- difficulty breathing, gasping
- pressure, squeezing or feeling of fullness in the chest, often spreading to shoulder, arm, neck or jaw
- nausea, vomiting, indigestion
- cold sweat or clammy skin
- pale or bluish skin, lips or nails
- often the symptoms of women to not involve chest pain but rather feelings of anxiety and weakness or dizziness.



What to do...

Call an ambulance immediately.

What you can do now...

You can never know when an emergency will occur. But you can be prepared. Ask your doctor or call your local hospital to find out where you can get training in CPR—cardiopulmonary resuscitation. Training takes only a few hours and could save the life of a loved one.

If the victim is conscious...

- Help him or her sit up.
- Keep the victim warm and comfortable.
- Ask if the victim has heart medication, and give the medication if it is available.



If the victim is unconscious...

- Look for an emergency medical ID card.
- If breathing has stopped, give mouth-to-mouth resuscitation. Use a pocket mask (or as a last resort, direct mouth-to-mouth contact).
- If breathing and pulse have stopped, give CPR if you are trained.

