



**American  
Heart  
Association**

**American  
Stroke  
Association®**

**life** is why™

# Heart Attack: Every Second Counts

1. **Uncomfortable pressure**, squeezing, fullness or pain in the center of your chest. It 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.

