

# SIGNS OF A HEART ATTACK

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*If you or someone else shows any of these symptoms, call 911 immediately.*

FOLD

- Chest discomfort that lasts for more than a few minutes or comes and goes (may feel like uncomfortable pressure, squeezing, fullness or pain)
- Discomfort in other areas of the upper body, including one or both arms, back, neck, jaw or stomach
- Shortness of breath, with or without chest discomfort
- Breaking out in a cold sweat
- Nausea or lightheadedness



Penn  
Highlands  
Healthcare

[phhealthcare.org/heartcare](https://phhealthcare.org/heartcare)

*Source: American Heart Association*