



BE CERTAIN IN UNCERTAIN TIMES

Heart attacks, strokes and cardiac arrests don't stop for COVID-19

Heart attack, stroke and cardiac arrest symptoms are always urgent. Don't hesitate to call 112 or an ambulance.

Emergency workers know what to do. And emergencies don't stop for COVID-19.

KNOW THE SIGNS AND SYMPTOMS

HEART ATTACK

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes — it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This can occur with or without chest discomfort.
- Other possible signs include breaking out in a **cold sweat, nausea or lightheadedness.**
- **Signs for women**
 - Women's most common heart attack symptom is chest pain. Some women are more likely to experience shortness of breath, nausea/vomiting and back or jaw pain.

REMEMBER TO ACT F.A.S.T. DURING STROKE

- **FACE DROOPING**
 - Does one side of the face droop or is it numb? Ask the person to smile.
- **ARM WEAKNESS**
 - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **SPEECH DIFFICULTY**
 - Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **TIME TO CALL 112 OR AN AMBULANCE**
 - If the person shows any of these symptoms, even if the symptoms go away, call 112 or for an ambulance and get them to the hospital immediately.

CARDIAC ARREST

- Cardiac arrest occurs when the heart malfunctions and stops beating unexpectedly.
- Within seconds a person becomes unresponsive, is not breathing or is only gasping.
- Survival depends on getting immediate CPR. If you don't have formal training, learn the two easy steps to Hands-Only CPR [here](#).