

Heart attack warning signs

- 1** Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that 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

Call 911 immediately if you or someone you are with have one or more of these warning signs!

Stroke warning signs

F.A.S.T. is an easy way to remember how to recognize a stroke and what to do.



Act fast and call 911 right away.

Other symptoms you should watch for:

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or loss of coordination
- Sudden severe headache with no known cause

**Don't ignore the warning signs, even if they go away.
Try to note the time when the first symptoms appeared.**

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