

# Know the Signs of Heart Attack

- ♥ Chest pain or discomfort\*
- ♥ Pain or discomfort in the jaw, neck or back\*
- ♥ Feeling weak, lightheaded or faint
- ♥ Pain or discomfort in the arms or shoulders\*
- ♥ Shortness of breath

\*Women often report symptoms of discomfort, rather than pain.

**At the first sign of heart attack, call 9-1-1 immediately.**  
**Don't miss a beat!**

*In a **Heartbeat***  
A project of the

*Maine Quality Forum*

[www.mainequalityforum.gov/inaheartbeat.html](http://www.mainequalityforum.gov/inaheartbeat.html)