



Your **FIREFIGHTERS** and **PARAMEDICS OF BOCA RATON** want you to know the **WARNING SIGNS** and **SYMPTOMS** of a **HEART ATTACK** or **STROKE**

Your local Firefighters and Paramedics of Boca Raton will be there for you when seconds count!

HEART ATTACK

Some heart attacks are sudden and intense. But most heart attacks start slowly, with mild pain or discomfort. Often, people affected aren't sure what's wrong and wait too long before getting help. Here are some signs that could mean a heart attack is happening.

CHEST DISCOMFORT - Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY -

pain or discomfort in one or both arms, the back, neck, jaw or stomach

SHORTNESS OF BREATH -

with or without chest discomfort

OTHER SIGNS - breaking out in a cold sweat, nausea or lightheadedness

SIGNS FOR WOMEN - Warning signs of heart attack in women may be more subtle such as shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or fainting, upper back pressure or extreme fatigue. The symptoms are often chalked up to less life-threatening conditions like acid reflux or the flu.



STROKE

F.A.S.T. is an easy way to remember the sudden signs of stroke. When you spot the signs, you'll know that you need to call 9-1-1 for help right away. **F.A.S.T.** is:

F - FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A - ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S - SPEECH DIFFICULTY

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

T - TIME TO CALL 9-1-1

If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Other symptoms you should know include: 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 coordination or sudden severe headache with no known cause.

Heart attack and stroke are life-and-death emergencies. Every second counts. If you see or have any of these symptoms, immediately call 9-1-1. Not all of these symptoms occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast!

For more useful information, visit our website at: www.iaff1560.org