

# Heart Attack, Stroke, and Cardiac Arrest Symptoms

Knowing the signs of a heart attack, stroke, and cardiac arrest can save a life.

## Heart Attack Symptoms:

- Chest discomfort: Many heart attacks involve discomfort in the center or left side of chest which may last a few minutes or which goes away and comes back. [It may feel like uncomfortable pressure, squeezing, fullness, or pain.](#) **Be aware that a good percentage of heart attacks occur silently.**
- Upper body discomfort: [You may experience pain or discomfort in one or both arms, the back, neck, jaw, or stomach.](#)
- Shortness of breath: Shortness of breath can happen with or without chest discomfort.
- Nausea/vomiting: You may have symptoms such as nausea, vomiting, unusual or unexplained tiredness, and dizziness.

**Call 911 if you experience heart attack warning signs. Knowing the signs and calling 911 can save a life.**

## Stroke Symptoms: Symptoms happen suddenly.

- [Numbness or weakness in the face, arm, or leg, especially in one side of the body](#)
- Confusion, trouble speaking, or difficulty understanding
- Trouble seeing in one or both eyes
- Dizziness, loss of balance, lack of coordination, or trouble walking
- Severe headache

## Spot a stroke F.A.S.T

- **Face** drooping: Ask the person to smile, does one side of their face droop?
- **Arm** weakness: Ask the person to raise both arms, does one arm drift downward?
- **Speech** difficulty: [Ask the person to repeat a simple phrase, such as “the sky is blue,” is their speech slurred or strange?](#)
- **Time** to call 911: If you see any of these signs, even if they go away, call 911 immediately.

**Knowing the warning signs of a stroke may be the difference between recovery and disability. Learn to think and act F.A.S.T.**

## Cardiac Arrest Symptoms:

- Dizziness
- [Shortness of breath](#)
- Fatigue
- Vomiting
- Heart palpitations

**Emergency medical care is needed (call 911) if you or someone you are with experiences these symptoms:**

- Sudden loss of responsiveness: No response to tapping on shoulders
- No normal breathing: Tilt the person's head up and check for at least 5 seconds, have they taken a normal breath?

**Call Insight Life Care if you have any questions: (813) 689-2961**

