

Early heart attack care signs and symptoms

Did you know signs of a heart attack can exist days or weeks **before** the actual attack happens?

Early heart attack care (EHAC) can help you recognize the signs and symptoms so you can act early and minimize your risk!



Nausea



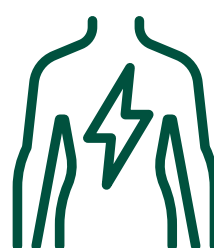
Pain that travels down one or both arms



Excessive drowsiness



Anxiety

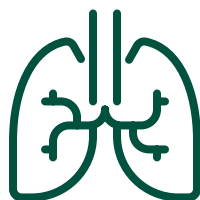


Tightness, pressure or aching in chest

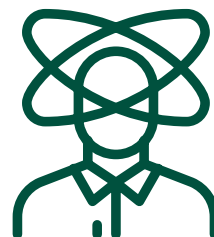


Back or jaw pain

**When these
symptoms
occur,
call 911.**



Shortness of breath



Dizziness



Cold sweat

Talk to your MercyOne provider about EHAC and what you can do to lower your risk of heart disease.