

Heart Attack & Symptoms

CALL 911—If You Experience Any of the 5 Major Signs & Symptoms of Heart Attack in Men & Women⁴



1. Chest pain or discomfort
2. Pain or discomfort in the arm or shoulder
3. Shortness of breath
4. Nausea, feeling light-headed or unusually tired
5. Pain or discomfort in the jaw, neck, or back



The longer you go without treatment to restore the blood flow the greater the damage to the heart muscle¹.

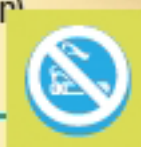
Things that put you at a greater risk of having a heart attack are **diabetes, high blood pressure, high cholesterol, family history, and lifestyle.**

Other Risk Factors Include:

Being obese (body mass index over 30)

Drinking too much alcohol (more than 1 drink a day for women, and 2 for men)

Smoking tobacco



Avoid the risks of Heart Attack

**Make lifestyle changes.
Be Active, Eat Healthy**



If you are ready to quit, Tobacco Free Florida offers free tools and services to help you get started. To learn more about Tobacco Free Florida's Quit Your Way services, visit

www.tobaccofreeflorida.com/quityourway or call
1-877-U-CAN-NOW (1-877-822-6669).

1. CDC Heart Disease
2. Florida Department of Health, Bureau of Vital Statistics
3. Florida Environmental Public Health Tracking
4. CDC heart attack signs and symptoms

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