



Medical Self-Assessment

Signs of a Heart Attack and What to Do

Some heart attacks are sudden, others start slowly. You may not be sure if you are having a heart attack—pain and other signs may go away and return.

Warning Signs:

- Chest hurts or feels squeezed
- One or both arms, back, shoulders, neck, or jaw hurts
- Feels like you can't breathe
- Feel light-headed
- Break out in a cold sweat
- Feel sick to your stomach, or your stomach may hurt
- Feel extremely tired

What to do:

- Don't wait—get checked right away
- Do NOT drive yourself to the hospital
- Call 911—If you can't call, ask family or a friend to call for an ambulance (medics will start life-saving treatment right away)

Remember these steps:

- Know the signs
- Act fast
- Call 911

Source: National Institutes of Health

<https://www.nhlbi.nih.gov/health/health-topics/topics/heartattack/signs>

