

# Be Certain In Uncertain Times



## Heart attacks, strokes and cardiac arrests don't stop for COVID-19.

During this uncertain time, Mon Health is working tirelessly to reduce the impact of COVID-19 in our community.

Heart attack, stroke and cardiac arrest symptoms are always urgent. Don't hesitate to call 911. Emergency workers know what to do. Emergencies don't stop for COVID-19.

## Know the Signs and Symptoms

### HEART ATTACK

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes. It may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in the other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This can occur with or without chest discomfort.
- Other possible signs include breaking out in a **cold sweat, nausea or lightheadedness.**
- **Signs for Women**
  - The most common symptom of heart attack in women is chest pain. Some women are more likely to experience shortness of breath, nausea/vomiting, and back or jaw pain.

### REMEMBER TO ACT F.A.S.T. DURING STROKE

- **FACE DROPPING**
  - Does one side of the face droop or is it numb? Ask the person to smile.
- **ARM WEAKNESS**
  - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **SPEECH DIFFICULTY**
  - Is speech slurred? Are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **TIME TO CALL 911**
  - If the person shows any of these symptoms (even if the symptoms go away), call 911 and get them to the hospital immediately.

### CARDIAC ARREST

- Cardiac arrest occurs when the heart malfunctions and stops beating unexpectedly.
- Within seconds, a person becomes unresponsive, is not breathing or is only gasping.
- Survival depends on getting immediate CPR.