HEALTH OFFICIALS REMIND FLORIDIANS OF WARNING SIGNS OF HEART ATTACK

TALLAHASSEE – As Floridians begin the task of recovery from Hurricane Dennis, health officials ask individuals, especially those performing heavy physical activity, to be aware of the warning signs of heart attacks.

While some heart attacks are sudden and intense, many heart attacks start slowly, with mild pain or discomfort. If you, or someone you are with begins to have chest discomfort, especially with one or more of the other signs of a heart attack, call 9-1-1 right away.

Warning signs of a Heart attack include the following:

• Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

• Discomfort in 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. May occur before, with or without chest discomfort.

• Other signs: Breaking out in a cold sweat, nausea or light-headedness.

What to Do?
If you or someone you’re with shows one or more of these signs, don’t ignore them. Call 9-1-1 to get medical help right away. Don’t wait longer than a few minutes before calling for help.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services staff can begin treatment when they arrive – up to an hour sooner than if someone gets to the hospital by car. The staff are also trained to revive someone whose heart has stopped. You’ll also get treated faster in the hospital if you come by ambulance.

PLAN AHEAD

• Learn the heart attack warning signs.
• Talk with your health care provider about your heart attack risk and what you can do to reduce it.
• Talk with family, friends and coworkers about warning signs and calling 9-1-1.

For further information, please contact your local county health department, or visit www.doh.state.fl.us or www.FloridaDisaster.org.

Florida Emergency Information Line: 1-800-342-3557

Public Information Emergency Support Function: 850-921-0384