

# Heart Attack Chain of Survival

## Know the Signs

- Chest pain or discomfort
- Pain or discomfort in the jaw, neck or back
- Feeling weak, lightheaded, faint, or sweaty
- Pain or discomfort in the arms or shoulders
- Shortness of breath



At any ONE of these signs, take action immediately!



Call **911**

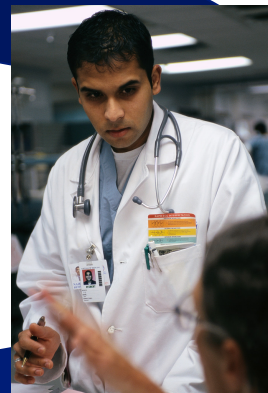


Go in an ambulance!

- They can monitor and begin treatment on the way to the hospital
- Emergency room staff can prepare for your arrival
- You will be seen more quickly

There are effective treatments for heart attack

- Medications and procedures break up or remove the blood clots that cause heart attacks
- Timing is everything!  
Act immediately for the best chance of survival and recovery



**YOU** are the first link in the heart attack chain of survival. Know the signs and

**Call 911 immediately!**

In a **Heartbeat**

A project of the

Maine Quality Forum

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