

## Know the Signs of Heart Attack

- ♥ 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 the first sign,  
Call 9-1-1 immediately.  
Don't miss a beat!**

*In a **Heartbeat***  
A project of the  
*Maine Quality Forum*