

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

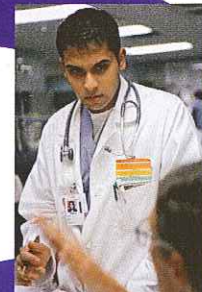


Go in an ambulance!

- 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

www.mainequalityforum.gov/inaheartbeat.html