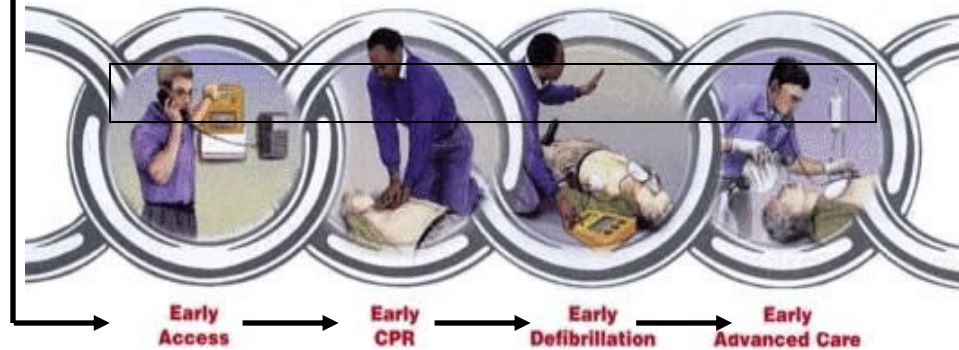




Malta & McConnellsville Fire Department

Every year 250,000 adult Americans die from cardiac arrest. The key to surviving a heart attack is based on the



Early defibrillation and advanced care are paramount. When you see a possible heart attack victim **CALL 911 IMMEDIATELY** and then begin CPR.

If you feel you may be suffering from a heart attack, **CALL 911 IMMEDIATELY**.

Morgan County Fire & Emergency Services has trained Paramedics and Emergency Medical Technicians ready to assist you.

The signs and symptoms of a heart attack may include:
How to recognize a heart attack:

- Chest pain that lasts more than 3-5 minutes
- Pain that feels like a pressure, fullness, squeezing, and/or heaviness
- Pain that is located behind the breastbone and then spreads to the shoulder, neck, lower jaw, or down the arm.
- Sometimes the pain may even be felt in the back
- Lightheadedness, feeling dizzy during the pain
- Fainting, completely losing consciousness
- Sweating, breaking out in a cold sweat but without a fever
- Nausea, usually without vomiting
- Shortness of breath



Areas of possible pain associated with a heart attack.

Not all of these symptoms occur in every heart attack.

If any occur **CALL 911 IMMEDIATELY**.