

During a Heart Attack, Every Minute Counts



Know the warning signs:

- Chest discomfort, pain, or pressure that lasts for more than a few minutes, or that goes away and returns
- Upper body discomfort or pain, including in the arms, back, neck, jaw, or stomach
- Shortness of breath
- Lightheadedness, nausea, or vomiting
- Extreme fatigue
- Cold sweat

Chest pain is the most common symptom of a heart attack in men and women. Women are more likely to report some of the other common symptoms listed above. The hospital is still the safest place you can be in an emergency. Don't hesitate. Call 911.

Caring for your heart is essential, even during the pandemic. Make cardiovascular health a priority by exercising, eating a balanced diet, keeping up routine medical visits, and promptly addressing signs of illness. We are prepared to safely care for you.

Learn more about cardiovascular health at valleycare.com/cvh



ValleyCare