

# 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

If someone has collapsed and stopped breathing:

- And you know CPR, begin immediately;
- If there is an AED nearby, turn it on and follow its instructions.

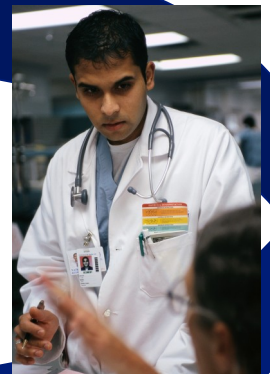
## Go in an ambulance!

- 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:

Maine Quality Forum &



John E. Baldacci, Governor      Brenda M. Harvey, Commissioner  
Cardiovascular Health Program

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