The clock is ticking

Minutes Matter...

The sooner you receive treatment, the better your chances are for recovery. Don’t delay.

Know the signs of a heart attack:

• Discomfort or pain in the center of the chest
• Discomfort in other parts of the body including the arms, back, neck, jaw or stomach
• Shortness of breath
• Breaking out in a cold sweat, feeling nauseated or light-headed

Call 9-1-1 immediately if you think you might be having a heart attack.

Mississippi State Department of Health
www.HealthyMS.com
1-866-HLTHY4U (1-866-458-4948)