If there were trouble ahead, you’d heed the warnings.

So never ignore the warning signs of a stroke.

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

If you see someone who is experiencing:
Numbness or weakness of the face, arm or leg, especially on one side
Difficulty speaking, understanding speech, confusion
Trouble seeing in one or both eyes
Dizziness, loss of balance or coordination
Severe headache

CALL: 9-1-1
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 lightheaded

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

Mississippi State Department of Health