Heart attacks may not be like what you see in the movies, sudden and intense. Many heart attacks start slow, with mild pain or discomfort.

**WHAT ARE THEY?**

- **Sweating or Light Headed**
  Breaking out in a cold sweat or feeling light headed are warning signs.

- **Shortness of Breath**
  If you are having difficulty breathing, or feel tired for no reason, it could be a sign that something is wrong.

- **Chest Discomfort**
  Chest pain or discomfort in other areas of the upper body are a definite warning sign.

- **Nauseous**
  Feeling nauseated, alone, is not a warning sign, but in combination with others, should raise red flags.

**Men**

Men are most likely to experience the symptoms of chest pain or discomfort, as well as chest pressure.

**Women**

Women are most likely to also experience chest pain or discomfort, but are also more likely to experience shortness of breath, nausea/vomiting, and back or jaw pain.

**What To Do?**

1. **Step 1:** Call 9-1-1
2. **Step 2:** Hands Only CPR
3. **Step 3:** Find an AED
4. **Step 4:** Quick Access to Care

For more information please contact:
Heart Disease & Stroke Prevention Program
Division of Health Promotion
North Dakota Department of Health
Phone: 701.328.2367 or 800.280.5512 (in ND)
http://www.ndhealth.gov/heartstroke