



# AM I HAVING A HEART ATTACK?

IN WOMEN, HEART ATTACK  
SYMPTOMS ARE NOT ALWAYS DRAMATIC.  
HERE ARE COMMON SIGNS:

Cold sweat

Jaw pain

Shortness of breath  
(with or without chest discomfort)

Pressure in the chest

Nausea or vomiting

Back pain

Pain or discomfort in one or both arms

**IF YOU HAVE ANY OF THESE SIGNS,  
DON'T WAIT MORE THAN FIVE MINUTES BEFORE CALLING FOR HELP.  
CALL 9-1-1 AND GET TO A HOSPITAL RIGHT AWAY.**