

# Signs of a Heart Attack (Myocardial infarction)

## Most common symptoms

- Chest pain or pressure (feels like squeezing, heaviness, or tightness)
- Pain spreading to the arm (often left), shoulder, neck, jaw, or back
- Shortness of breath (with or without chest pain)

## Other warning signs

- Cold sweats or clammy skin
- Nausea or vomiting
- Lightheadedness or dizziness
- Unusual fatigue or weakness (especially in women)
- Feeling of anxiety or “impending doom”
- Indigestion-like discomfort or burning in the chest

**⚠ Important: Symptoms can be different in women, older adults, and people with diabetes – sometimes without strong chest pain.**

## What to do immediately

1. Call 911 right away (Canada) – do not wait
2. Chew 160–325 mg of aspirin if not allergic and if advised by emergency services (helps reduce clotting)
3. Sit down and rest – avoid any physical activity
4. Loosen tight clothing
5. Stay calm and wait for emergency responders

## **✗** Do NOT:

- Drive yourself to hospital
- Ignore symptoms if they go away (they can come and go)
- Wait to “see if it gets better”