HEART ATTACK

- Anxiety
- Breathing Issue
- Chest discomfort
- Discomfort in other areas of the upper body
- Extras: Nauseated, sweating, feeling faint

1ST AID – A, B, C’s
1. **Aspirin**
2. **Be calm**
3. **Call 911**

Source: American Heart Association. Heartsaver First Aid with CPR & AED