

# February is American Heart Month

## *Know the Signs*

## *& When to Call 911*



### 🕒 **Chest Discomfort**

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

### 🕒 **Discomfort in Other Areas of the Body**

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

### 🕒 **Shortness of breath**

Can occur with or without chest discomfort

### 🕒 **Other signs**

May include may include breaking out in a cold sweat, nausea or lightheadedness.

Many people who experience these warning signs don't want to believe that they could be having a heart attack. If you or someone you know has the warning signs, Call 911 right away.

OCO offers free CPR training for all employees, even if your job doesn't require it.

Source: [http://www.heart.org/HEARTORG/Conditions/Conditions\\_UCM\\_305346\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/Conditions_UCM_305346_SubHomePage.jsp)  
American Heart Association. February 1, 2012

OCO Wellness Works



*Wellness is an active process that allows people to make positive choices in creating and maintaining a healthy lifestyle.*