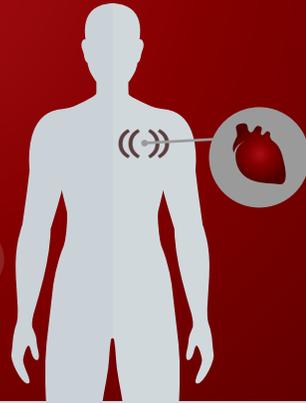


What to do when ... someone is having a heart attack



If a friend or loved one suddenly had a heart attack, would you know how to help? These simple tips could make you a lifesaver — instead of a bystander — until help arrives.

1 Assess the situation.

These signals mean it's time to act:

- Chest discomfort
- Upper body discomfort
- Shortness of breath
- Cold sweat, nausea or lightheadedness
- Back or jaw pain

**If you suspect a heart attack,
do NOT transport the patient yourself.**



2 CALL 911.

Remain calm and explain what is happening.



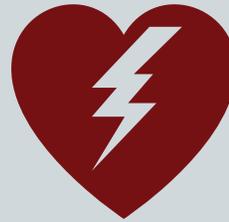
3 Give them aspirin.

If the person is awake and can swallow, ask if they can take aspirin to help keep their blood from clotting. Have them chew one regular strength or two baby aspirin.



4 Find an AED.

Located in many public facilities (including gyms), an automatic external defibrillator (AED) has simple instructions and can help save a life before medical help arrives. If the person is gasping or short of breath and does not respond when you talk to them or tap on their shoulder, turn on the AED and follow the prompts.



If there's no AED nearby, you may need to perform CPR. If you are not trained, we encourage you to take a class. Find the right class for you by visiting www.sharp.com/cpr.

Heart disease in the U.S.

- Someone has a heart attack every 42 seconds.
- More than 700,000 people suffer heart attacks each year.
- Every 60 seconds, someone dies from a heart disease-related event.
- Direct and indirect costs of heart disease total more than \$320 billion.

From the expert

"If a person is having chest pain, call 911 immediately. Don't try to transport them to the hospital yourself."

— Dr. Julie Phillips, Sharp-affiliated emergency medicine physician

