

LEARN THE SIGNS OF STROKE

**F**ACE

is it drooping?

**A**RM

can you raise both?

**S**PEECH

is it slurred or jumbled?

**T**IME

to call 9-1-1 right away.

ACT **F****A****S****T** BECAUSE THE  
QUICKER YOU ACT, THE MORE  
OF THE PERSON YOU SAVE.

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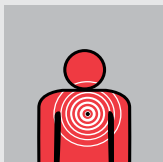


HEART &  
STROKE  
FOUNDATION

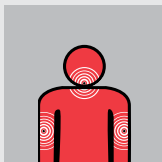
HP2002E  
V2.1

Learn more at [heartandstroke.ca/FAST](http://heartandstroke.ca/FAST)  
1-888-473-4636

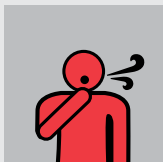
# LEARN THE SIGNS OF HEART ATTACK



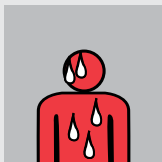
**CHEST DISCOMFORT**  
(uncomfortable chest pressure, squeezing, fullness or pain, burning or heaviness)



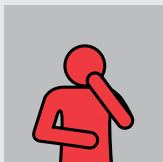
**DISCOMFORT IN OTHER AREAS OF THE UPPER BODY**  
(neck, jaw, shoulder, arms, back)



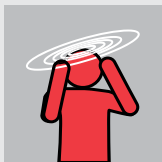
**SHORTNESS OF BREATH**



**SWEATING**



**NAUSEA**



**LIGHT-HEADEDNESS**

CALL 9-1-1 OR YOUR LOCAL EMERGENCY NUMBER RIGHT AWAY.



**HEART &<sup>TM</sup>  
STROKE  
FOUNDATION**

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