

SYMPTOM RECOGNITION

SIGNS OF STROKE

Face

is it drooping?

Arms

can you raise both?

Speech

is it slurred or jumbled?

Time

to call 9-1-1 right away.

Act **F A S T**.

Lifesaving treatment begins the second you call 9-1-1.

HEART ATTACK SIGNS



Chest discomfort

Pressure, squeezing, fullness or pain, burning or heaviness



Sweating



Upper body discomfort

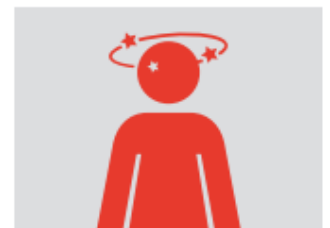
Neck, jaw, shoulder, arms, back



Nausea



Shortness of breath



Light-headedness

If you are experiencing symptoms of a heart attack or stroke it is better to call 911 rather than drive yourself to the hospital

For Non urgent medical advice in Ontario, you can call 811, 24 hours a day