

## WHY CALL HATZOLAH?

- Our trained dispatchers will be able to assess your symptoms and decide if you need an ambulance.
- You will receive treatment immediately.
- The dispatcher will advise you on what to do while waiting for the ambulance.
- Upon arrival of an ambulance, our paramedics who are trained in using special lifesaving equipment will start early treatment for your heart attack while you are inside the ambulance.
- An ambulance is the fastest and safest way to get to a hospital.



Hatzolah Medical Rescue • Treatment excellence • Unsurpassed response times

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# Recognizing a HEART ATTACK 101



**STEP-BY-STEP GUIDE TO RECOGNIZING A HEART ATTACK.**  
TAKING FIVE MINUTES TO READ THIS COULD SAVE YOUR LIFE

The important thing to note is that the warning signs of a heart attack will vary from person to person. In some cases, the signs may not always be sudden, while in others they could develop over minutes and become progressively worse. You could also have just one or a combination of symptoms which should last for at least 10 minutes. No two heart attacks are the same. Even if you have had a heart attack before, your symptoms may be totally different the second time around. By understanding and familiarizing yourself with the warning signs of a heart attack, you could save your life and reduce the damage to your heart muscle.

### TELL-TALE SIGNS INCLUDE:



CHEST PAIN, DISCOMFORT, PRESSURE OR SQUEEZING. FEELS LIKE A TON OF WEIGHT ON YOUR CHEST



UPPER BODY PAIN, OR DISCOMFORT IN ONE OR BOTH ARMS, BACK, SHOULDER, NECK OR JAW



SHORTNESS OF BREATH WITH OR WITHOUT CHEST DISCOMFORT

These signs may be accompanied with profuse sweating and a feeling of impending doom.

### WHAT TO DO IF YOU EXPERIENCE ANY OF THE WARNING SIGNS:

STEP 1

# HALT

Put a stop to whatever you are doing and rest.

STEP 2

# SPEAK

If there is someone around you, immediately let them know what you are feeling.

STEP 3

# CALL FOR HELP

Don't hesitate, especially if you experiencing severe symptoms that are progressing quickly and have lasted up to 10 minutes. Ask for an ambulance. Our dispatcher will stay with you on the line and give you advice.

### 5 HEART ATTACK RISK FACTORS

- 1 Smoking
- 2 High blood pressure
- 3 Diabetes
- 4 Raised Cholesterol
- 5 Parents or siblings who have had a heart attack or stroke (especially under the age of 50)

In order to catch potential problems in the early stages, regular check ups are advised.

### THERE IS NO SUCH THING AS BEING TOO CAUTIOUS

- Familiarize yourself with the warning signs and what to do.
- Keep an action plan on your fridge.
- Educate family and friends- it could save their lives.
- Reduce your risk of having a heart attack by speaking to your doctor.

### EVERY MINUTE COUNTS

The quicker you can get an ambulance to you, the better your chance of survival and reducing the damage to your heart muscle.