

Am I Having a Heart Attack?

How do I know if I am having a heart attack?

You may be having a heart attack if you feel **any** of these symptoms:

Chest discomfort or pain which lasts longer than 5 minutes AND is not relieved by rest or nitroglycerin AND feels like:

- pressure
- tightness
- squeezing
- crushing
- intense burning
- aching

In addition to the symptoms above, you may also have:

pain radiating to your:

- back
- shoulder
- neck
- jaw/teeth
- arm
- wrist

shortness of breath

dizziness

fainting

nausea (feeling sick to your stomach)

vomiting (throwing up)

unusual weakness

rapid and/or irregular heartbeat

sense of impending (coming) doom

The more boxes you check, the more likely you are having a heart attack. There may be other explanations for your chest pain, but it is important to get medical help.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

DON'T DELAY!

If you are having a heart attack, getting medical attention right away can save your life!

Getting medical care within one hour of your heart attack can lower the amount of heart muscle damaged.

Your symptoms may come on gradually (slowly). They may be vague or intermittent (start and stop).

- If you have angina, your heart attack symptoms may feel like your angina, but your heart attack symptoms may be stronger or last longer.
- If you have had a heart attack before, it may feel the same or different.

What should I do?



1. Stop what you are doing.



2. Sit or lie down.



3. *If your doctor has prescribed nitroglycerin for you, place one nitroglycerin tablet under your tongue. Let it dissolve. Do not chew or swallow the pill. If your symptoms are not relieved in 3–5 minutes by nitroglycerin and rest, call 911 emergency services before you call anyone else.**



While you wait for the ambulance, you can continue to put one nitroglycerin tablet under your tongue every 5 minutes until your symptoms are relieved or until the ambulance arrives. If you do not have your nitroglycerin with you, call 911 emergency services before you call anyone else.*

4. *If your doctor has not prescribed nitroglycerin for you, call 911 emergency services before you call anyone else.**



5. Do not drive yourself.



6. If you are not already taking daily aspirin, chew one adult-strength (325mg), uncoated aspirin tablet if you have it and if you are not allergic to aspirin.

*If you have an emergency medical condition, call 911 or go to the nearest hospital. When you have an emergency medical condition, we cover emergency care from Plan providers and non-Plan providers anywhere in the world.

An emergency medical condition is (1) a medical or psychiatric condition that manifests itself by acute symptoms of sufficient severity (including severe pain) such that you could reasonably expect the absence of immediate medical attention to result in serious jeopardy to your health or serious impairment or dysfunction of your bodily functions or organs; or (2) when you are in active labor and there isn't enough time for safe transfer to a Plan hospital before delivery, or if transfer poses a threat to you or your unborn child's health and safety.