

SAFETY



MONDAY



FEBRUARY IS HEART HEALTH MONTH

For 56 years we've celebrated February as Heart Health Month. Yet with all the progress we've made, cardiovascular disease continues to kill about 2,300 Americans every day.



WARNING SIGNS OF A HEART ATTACK

Pain, Pressure, Squeezing, or Fullness in the Chest
Lightheadedness, Nausea, or Vomiting
Jaw, Neck or Back Pain
Pain or Discomfort in Arm or Shoulder
Shortness of Breath.

Note: Women are somewhat more likely than men to experience jaw and back pain, nausea or vomiting, and shortness of breath.



When a heart attack occurs, minutes matter. A rapid response can save a life – maybe even your life. If you or a colleague experience these symptoms **call 911**. Don't hesitate. Dispatchers can send Emergency Medical Services (EMS) to the scene to begin treatment and quickly transport the victim to the hospital.

For more information visit
www.heart.org/heartattack or
www.GoRedforWomen.org