

Learn the 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.

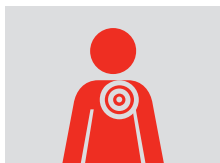
Act **F A S T**.

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

heartandstroke.ca/FAST

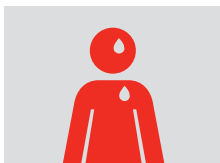


Learn the signs of a heart attack

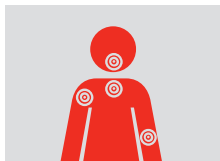


Chest discomfort

Pressure, squeezing, fullness or pain, burning or heaviness



Sweating



Upper body discomfort

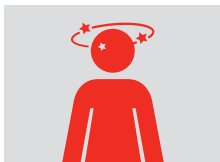
Neck, jaw, shoulder, arms, back



Nausea



Shortness of breath



Light-headedness

For both men and women, the most common heart attack sign is chest pain or discomfort. However, women can experience a heart attack without chest pressure.

If you experience any of these signs, call 9-1-1 immediately.

heartandstroke.ca/heartsigns