



# Heart Attack

## Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Some people have no symptoms at all. However, the more signs and symptoms you have, the greater the chances are that you may be having a heart attack. Here are some signs that can mean a heart attack is happening.

CHEST DISCOMFORT– Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY – Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

SHORTNESS OF BREATH – This feeling often comes along with chest discomfort. But it can occur with or without chest discomfort.

OTHER SIGNS- These may include breaking out in a cold sweat, nausea, or lightheadedness.

**IF YOU OR SOMEONE YOU ARE WITH HAS ONE OR MORE OF THESE SIGNS CALL 911**

Information above Courtesy of the American Heart Association

Here at WRMC, if you or someone you work with has the symptoms listed above, dial 2100 on a hospital telephone to announce “Code White” on the overhead paging system for assistance. Announce “Code White” and the location three times.

If a patient has these symptoms, dial 2100 on a hospital telephone and announce “Rapid Response Team” and the room number. Announce three times.

You may also call the switchboard at 4911 and ask the operator to page Code White or Rapid Response Team.