

Ottawa



Women are at risk for a HEART ATTACK!

Know the signs...
Learn CPR



Signs of Heart Attacks in Women

- ♥ A vague discomfort in your chest or sudden, severe crushing chest pain
- ♥ Heaviness, pressure, squeezing, fullness, burning, tightness or other discomfort in chest, shoulder, arm, neck or jaw
- ♥ Pain that spreads down one or both arms
- ♥ Shortness of breath
- ♥ Pale, poor skin colour
- ♥ Weakness and/or dizziness
- ♥ Nausea and/or upset stomach
- ♥ Anxiety or fear

If you feel any of these signs, tell someone right away or call 9-1-1

Learn CPR - You Can Do It!

- ♥ Call 9-1-1
- ♥ Start CPR
- ♥ Early Defibrillation
- ♥ Early Advanced Life Support (provided by paramedics or in hospital)
- ♥ Early rehabilitation

Strengthen the Chain of Survival !



For more information,
call the City of Ottawa Public
Health Info Line at 724-4179

Over 35,000 Canadian Women Die of Heart Disease Each Year

Learn to reduce the risk

- ♥ Be smoke-free
- ♥ Eat less fat
- ♥ Be active
- ♥ Take time to care for yourself

What You Can Do to Help

- ♥ The first 2 hours are most important
- ♥ Take action
- ♥ Insist on giving assistance
- ♥ If the signs last for 2 minutes or longer, sit the person down
- ♥ Reassure him/her
- ♥ Call 9-1-1

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Take a CPR course, for more
information call 724-4179

