



Med Center Health®

[VIDEO TRANSCRIPT]

## EMS – Common Heart Attack Warning Signs

[MUSIC]

[STEVEN]

Warning signs of a heart attack are pain or discomfort that radiate into the jaw, the neck, or into one or both arms. You may also experience nausea or vomiting, or even some lightheadedness. And then another sign or symptom you may have with a heart attack is shortness of breath.

If you experience any of these signs or symptoms, call 911 immediately.

[MUSIC]