

Heart Attack Warning Signs

Recognize symptoms and act early

Possible warning signs

- Pressure, tightness, heaviness or pain in the chest.
- Pain/discomfort spreading to arm, shoulder, jaw, back or upper abdomen.
- Sudden breathlessness, cold sweating, nausea, unusual weakness or faintness.
- Older adults, women and people with diabetes may have less typical symptoms.

If a heart attack is possible, seek emergency medical help immediately. Do not drive yourself if a safer emergency transport option is available.

A normal-looking person can still be having a heart attack. Diagnosis requires clinical assessment, ECG and appropriate testing.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.