



# The clock is ticking

Minutes Matter. . .

The sooner you receive treatment, the better your chances are for recovery. Don't delay.

**Know the signs of a heart attack:**

- Discomfort or pain in the center of the chest
- Discomfort in other parts of the body including the arms, back, neck, jaw or stomach
- Shortness of breath
- Breaking out in a cold sweat, feeling nauseated or light-headed

*Call 9-1-1 immediately if you think you might be having a heart attack.*

MISSISSIPPI STATE DEPARTMENT OF HEALTH

[www.HealthyMS.com](http://www.HealthyMS.com)

1-866-HLTHY4U (1-866-458-4948)