SUSPECTED HEART ATTACK

Early warning signs of a heart attack – VICTIM MAY DENY OR MINIMIZE THESE SYMPTOMS
- Chest pain which may affect arm, shoulder or jaw
- Pale bluish discoloration of skin, lips, fingernails
- Heavy sweating
- Shortness of breath, nausea, weakness or anxiety
- Sense of "foreboding"

Ask someone to Call 9-911. Then notify Security X4199 and College Nurse X4270
Remain with victim.

Until help arrives:

1. Help individual to the least painful position, usually sitting, legs bent at the knees.
   Loosen restrictive clothing around neck and waist.
2. Check for breathing. Begin rescue breathing (see below) if necessary.
3. Check pulse. Begin CPR if necessary.
4. Do not allow victim to move about.
5. If conscious inquire about past history of angina – Administer nitroglycerin if prescribed for victim.

STOPPAGE OF BREATHING

1. Have someone call 9-911 immediately. Then, call Health Center X 4270 and Security X 4199
2. Open airway:
   - Tilt head back with one hand.
   - Place fingertips of other hand under chin to lift jaw.
3. Listen for breathing for 5 seconds.
4. If not breathing:
   - Maintain an open airway with head tilted back.
   - Pinch off nostrils.
   - Seal your mouth around victim's mouth.
   - Give one full breath every 5 seconds.
5. Check for pulse after first 2 breaths.
6. If no pulse, give CPR if trained. If not, continue rescue breathing until help arrives or until victim is breathing.

HEART ATTACK / STOPPAGE OF BREATHING