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- 1** Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes or goes away and comes back
- 2** Pain or discomfort in one or both arms, your back, neck, jaw or stomach
- 3** Shortness of breath, with or without chest discomfort
- 4** Other signs such as breaking out in a cold sweat, nausea or lightheadedness

Call 911 immediately if you or someone you are with have one or more of these warning signs!



Adventist Health White Memorial

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[AdventistHealthWhiteMemorial.org/Emergency](https://www.adventisthealthwhitememorial.org/emergency)