



The clock is **TICKING**

Minutes Matter...

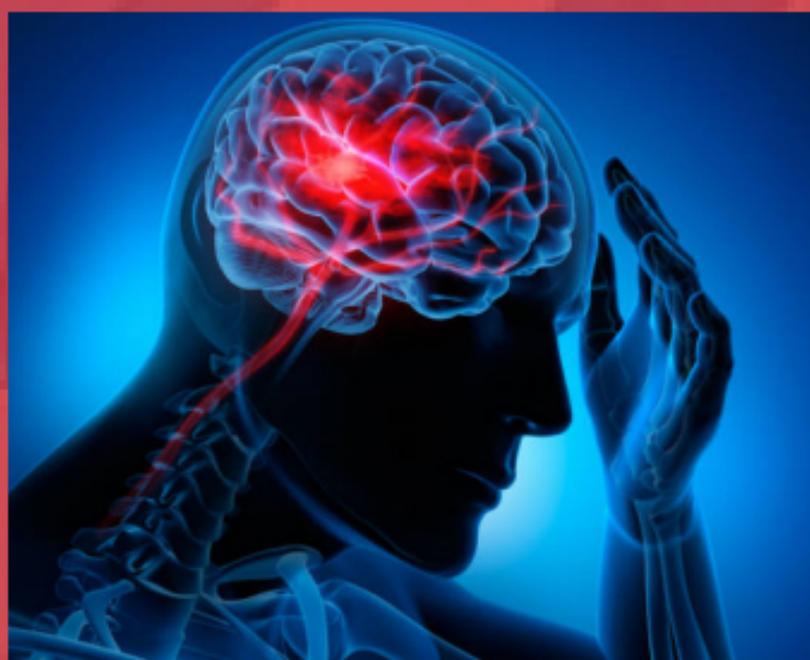
The sooner you receive treatment the better your chances are for recovery. Don't delay.

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, jaws, or stomach
- Shortness of breath
- Breaking out in a cold sweat, feeling nauseated or light-headed

CALL: 9-1-1

Mississippi State Department of Health



Spot the signs of a **STROKE**

Never ignore the warning signs of a stroke.

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

If you see someone who is experiencing:

- Numbness or weakness of the face, arm or leg, especially on one side
- Difficulty speaking, understanding speech, or confusion
- Trouble seeing in one or both eyes
- Dizziness, loss of balance or coordination
- Severe headache

CALL: 9-1-1

Mississippi State Department of Health