

# Early Heart Attack Care (EHAC) Education

## What is EHAC

Early Heart Attack Care (or EHAC) education teaches you to recognize the early signs and symptoms of a heart attack. Why? We want you to become an active bystander so you can save a life - even if it's yours.

- Risk Factors:
  - Chest pain, pressure, burning, aching or tightness - it may come and go
  - A family history of cardiovascular disease
  - High blood pressure
  - Overweight or obese
  - Sedentary lifestyle
  - Using tobacco products
  - Metabolic disease, diabetes or other illnesses
  - For women it can also include birth control pills, a history of pre-eclampsia, gestational diabetes or having a low birth weight baby
- Save a Life
  - If someone collapses, call 9-1-1
  - Perform Hands-Only CPR
  - Find and deploy an AED (Automated External Defibrillator)
- Remember - Survive. Don't Drive. Call 9-1-1

## How to Give Hands-Only CPR

If you see a teen or adult suddenly collapse, follow these steps:

1) Call 9-1-1

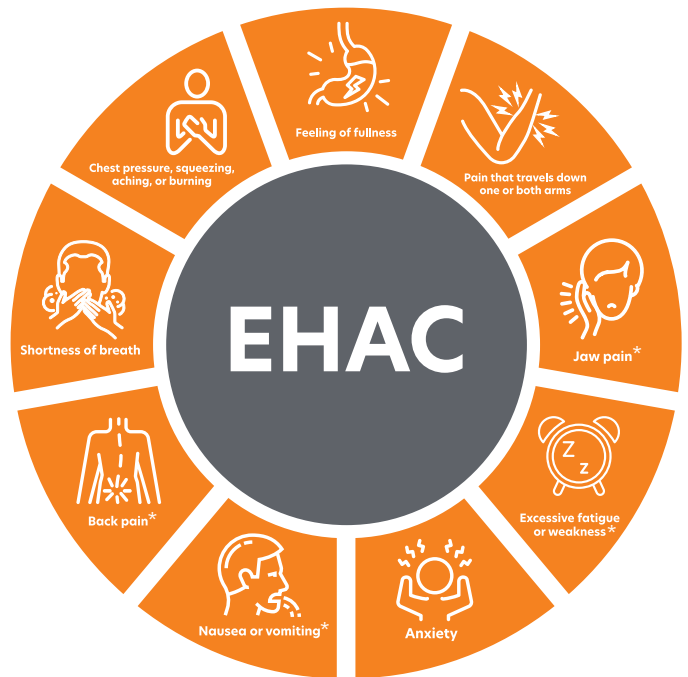


2) Push hard and fast in the center of the chest. The beat of the disco song "Stayin' Alive" is the right speed for hands-only CPR.

For a video demonstration of hands-only CPR, visit [heart.org/handsonlycpr](http://heart.org/handsonlycpr)

## Early signs and symptoms:

Someone might have one or more of these common symptoms. When they start, they can be mild or come and go. Over time, the symptoms and pain become more intense. Stay alert and always pay attention to chest pressure.



\*Common Female Symptoms



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