

# Emergency Medical Services



## Early Recognition

Is important so that treatment can be provided as soon as possible.

### Warning Signs of a Heart Attack

- Pain or tightness in the chest, neck, jaw, shoulder, arms or back that does not go away with rest
- Shortness of breath
- Nausea, Indigestion, Vomiting
- Sweating - Cool, clammy skin
- Fear, Anxiety, DENIAL
- Compared to men, women may feel less chest pain and more neck and shoulder pain, nausea, and/or shortness of

### Warning Signs of a Stroke

- Sudden weakness, numbness, or tingling in the face, arm, or leg
- Sudden temporary loss of speech or trouble understanding speech
- Sudden loss of vision, particularly in one eye, or double vision
- Sudden or severe and unusual headache
- Sudden loss of balance, especially with any of the above signs

**SIGNS MAYBE MILD OR SEVERE**

**Town of Stow  
Fire Rescue**



## Phone First!

### Emergency 9-1-1



If you experience these signals, tell someone or call for help. If someone else shows these signals, take charge. Call EMS. Be prepared to tell the dispatcher the following information:

- The location of the emergency (with names of crossroads or streets)
- The telephone number of the phone you are using to make the call
- What happened (i.e. suspected heart attack or stroke)
- The time when the signs of a heart attack or stroke first began
- The person's age
- Whether the person is responsive
- Whether the person is breathing
- What is being done to help (i.e. CPR is being done)

**Don't hang up until the dispatcher does**

### Strengthen the Chain of Survival



## Don't guess, call EMS!

**Celebrate EMS Week  
May 18-24, 2008**



## Learn CPR - The Course of a Lifetime

During the course, you will learn skills that will make you an important link in the Chain of Survival. It only takes a few hours to learn how to:

- Reduce your risk of heart disease, stroke or injury
- Recognize an emergency
- How to perform cardiopulmonary resuscitation (CPR) for adults, children and infants



## Early Defibrillation

**is the link in the Chain of Survival  
most likely to improve survival for  
adults in cardiac arrest.**

EMS professionals carry an Automated External Defibrillator (AED) that can deliver a shock so that the heart can beat effectively again. It is important to perform CPR while waiting for the defibrillator to arrive. Defibrillation is most beneficial when performed as soon as possible after a sudden cardiac arrest. For every minute that passes, the chance of survival decreases by 7-10%. Some communities have public access to defibrillation (PAD) programs. This means there maybe a defibrillator in your office, restaurant, hotel or other large community facility. Contact your local EMS service to learn more.