



**PROJECT
HEART START**
NMHI FOUNDATION
100
PER MINUTE
HARD & FAST

ASSESS AND TAKE CHARGE
▼ CALL 911 ▼ ASK FOR AED ▼
COMPRESS ON CHEST HARD & FAST

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SIGNS OF A HEART ATTACK

- * Chest discomfort that may spread to arms, neck and jaw
- * Aching, burning, squeezing or heartburn
- * Unexplained shortness of breath
- * If symptoms persist for more than 10 minutes, call 911 and chew one regular aspirin

Name: _____

Date: _____

Barry W. Ramo MD

Barry W. Ramo, MD
President & Medical Director



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