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## News from Livingston County, NY

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**FOR IMMEDIATE RELEASE**  
**PR-COVID19-501-01**

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### **It is Safe to Call 911**

**Geneseo, NY, May 1, 2020** — Together, the Livingston County Departments of EMS and Health want to remind citizens that heart attacks, strokes, and other emergencies do not stop for COVID-19. Seeking medical attention at the first sign of a heart attack, stroke, or any other serious medical emergency is critical to effective treatment and restoring good health.

Know the symptoms of a heart attack:

- Chest pain or discomfort
- Neck, shoulder, or jaw discomfort
- Shortness of breath
- Nausea, vomiting, cold sweats, or lightheadedness

Know the symptoms of a stroke:

- Facial droop
- Arm or leg weakness or numbness
- Speech difficulty
- Confusion
- Difficulty walking or loss of balance

While many are undoubtedly scared to call 911 or go to a hospital in these uncertain times, Livingston County EMS and the Department of Health want you to know that area hospitals and ambulance services are not only ready to care for any medical emergency, but have enacted many infection control measures to keep all patients safe.

If you or a loved one may be having a heart attack, stroke, or other medical emergency, call 911 at the first warning sign. Even during a pandemic, do not ignore warning signs. And lastly, don't forget to call your doctor if you have any questions about your health.

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# BE CERTAIN IN UNCERTAIN TIMES

## Heart attacks, strokes and cardiac arrests don't stop for COVID-19

During this uncertain time, the American Heart Association is working tirelessly to reduce the impact of COVID-19 in communities across the country.

Heart attack, stroke and cardiac arrest symptoms are always urgent. Don't hesitate to call 911. Emergency workers know what to do. And emergencies don't stop for COVID-19.

## KNOW THE SIGNS AND SYMPTOMS

### HEART ATTACK

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes — it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This can occur with or without chest discomfort.
- Other possible signs include breaking out in a **cold sweat, nausea or lightheadedness.**
- **Signs for women**
  - Women's most common heart attack symptom is chest pain. Some women are more likely to experience shortness of breath, nausea/vomiting and back or jaw pain.

### REMEMBER TO ACT F.A.S.T. DURING STROKE

- **FACE DROOPING**
  - Does one side of the face droop or is it numb? Ask the person to smile.
- **ARM WEAKNESS**
  - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **SPEECH DIFFICULTY**
  - Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **TIME TO CALL 911**
  - If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

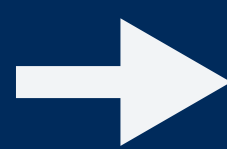
### CARDIAC ARREST

- Cardiac arrest occurs when the heart malfunctions and stops beating unexpectedly.
- Within seconds a person becomes unresponsive, is not breathing or is only gasping.
- Survival depends on getting immediate CPR. If you don't have formal training, learn the two easy steps to Hands-Only CPR [here](#).

Most of us are worried about the new coronavirus.  
**DON'T IGNORE HEART SYMPTOMS,  
ESPECIALLY IF YOU HAVE A HEART CONDITION.**



**GETTING CARE IS CRITICAL**



You'll get better faster.  
You'll limit damage to your health.

## HEART ATTACK

- Chest pain
- Difficulty breathing
- Discomfort in chest, arms, back, neck, shoulder or jaw

## STROKE

- Numbness, weakness or loss of movement in your face, leg or arm, especially on one side
- Confusion, trouble speaking or understanding
- Loss of balance

## CALL 911

If you think you are having  
a **HEART ATTACK** or **STROKE**.

Heart attacks and strokes don't stop  
during a pandemic.

**Hospitals have safety measures  
to protect you from infection.**

**CALL YOUR DOCTOR** if you have a heart condition  
and have questions or think you need a health visit.  
**DON'T DELAY** routine care. You may be able to get advice  
over the telephone or use telehealth for a virtual visit.



For more information about the new coronavirus for people with heart conditions,  
visit [CardioSmart.org/Coronavirus](https://www.cardiosmart.org/Coronavirus)

 @CardioSmart