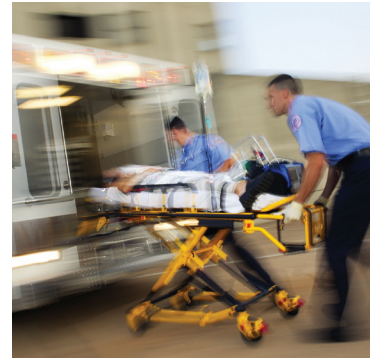
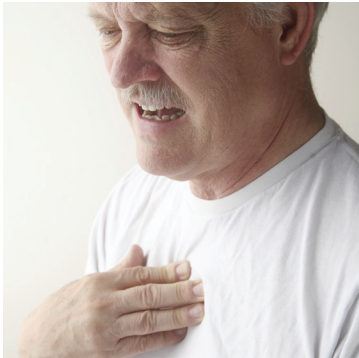


SAFETY TIPS:

HEART ATTACK WARNING SIGNS



Heart disease is the leading cause of death in the United States and is a major cause of disability. Look out for these signs of a heart attack:



CHEST PAIN

Most heart attacks cause discomfort or pain in the center of the chest that can last for several minutes. The pain may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.



DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

This can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.



SHORTNESS OF BREATH

Shortness of breath with or without chest discomfort.

If you or someone you're with has chest discomfort, especially with one or more of the signs of a heart attack, **CALL 911 IMMEDIATELY.** It is a phone call that could save your life.

GMR SOLUTIONS

