



American Heart Association.

EmPOWERED to Serve™

# Learn the Warning Signs of a Heart Attack

## RESOURCE LIST

### **Call to Action:**

Learn the warning signs of a heart attack and why it is important to call 9-1-1 immediately.

The lesson provides suggested American Heart Association/American Stroke Association resources. You can tailor the lesson to your specific community needs. Add more resources or substitute different ones to make the lesson work best for your community.

### ***Is the program aimed at adults?***

Yes. Keep participants interested by breaking them into small groups to review a resource. Ask each group to share what they learned with the full group.

### ***No audiovisual equipment?***

No worries. Make copies of handouts. Ask participants to take turns reading key messages aloud.

### ***Have a projector?***

Great. Use the slides to guide your talk. And download an American Heart Association video for one of your interactive activities.

### ***Have a good Internet connection?***

Show one of the American Heart Association videos, break participants into groups to take an online quiz or give a demo of an online tool.

### ***Think about which formats best teach the health messages to your community members.***

Consider what type of information is most motivating for your community.



Amgen proudly supports the American Heart Association's EmPOWERED to Serve Initiative



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The icon in front of each resource tells you the format of that activity. Below are tips on how to incorporate that activity into the lesson and how much time to budget for it.



**Video:** Play the video and engage participants in a discussion after the viewing.



**Printed Handout:** Ask volunteers to take turns reading the information on the handout.



**Group Discussion:** Break participants into small groups. Ask each group to review the resource and report what they learned to the full group.



**Online Tool:** Give a short demonstration of the tool. Encourage participants to make a note of the URL so they can access it from home.

### Additional Resources

#### Directory of CPR Classes

As the world leader in CPR, first aid and emergency cardiovascular care (ECC) training and education, the American Heart Association (AHA) offers a variety of options for you to find a course (opens new window) and learn lifesaving skills. Locate a local training center to become an AHA Instructor or to choose courses for family members and friends, employees, or health care providers.

Find a CPR training center in your area: [bit.ly/3aXgyan](https://bit.ly/3aXgyan)



### Point 1: Learn the warning signs and causes of a heart attack.



#### **What Are the Warning Signs of a Heart Attack?**

Learn the warning signs of a heart attack.

[bit.ly/2FWFmMN](https://bit.ly/2FWFmMN)



#### **Patient Information Sheets: Heart Attack**

Several informational sheets are available on heart attack causes and how to recover from a heart attack.

[bit.ly/3aUq4LH](https://bit.ly/3aUq4LH)



#### **Heart.org – Heart Attack section**

Learn more about causes of heart attacks and how to recover from a heart attack.

[bit.ly/1HB6Emy](https://bit.ly/1HB6Emy)



#### **Animation of a Heart Attack**

View Watch, Learn and Live animation on heart attacks.

[bit.ly/1GgC0e0](https://bit.ly/1GgC0e0)



#### **Heart Attacks Signs in Women**

Learn about specific heart attack warning signs that women might experience.

[bit.ly/1dblyVf](https://bit.ly/1dblyVf)



#### **Women's Signs of a Heart Attack—Dr. Suzanne Steinbaum**

Dr. Suzanne Steinbaum explains the differences between men and women.  
(28 seconds)

[bit.ly/1z2hgcJ](https://bit.ly/1z2hgcJ)



### Point 2: Don't wait to call 9-1-1.



#### **Go Red for Women: Just a Little Heart Attack**

Starring and directed by Emmy-nominated actress Elizabeth Banks.  
(3 minutes, 14 seconds)

[bit.ly/1FkK3KI](http://bit.ly/1FkK3KI)



#### **Heart Attack Personal Stories**

Real patients share their experiences with having a heart attack.

[bit.ly/1DliHsi](http://bit.ly/1DliHsi)



#### **What a heart attack or stroke can feel like**

Illustrations of how heart attack and stroke survivors describe how they felt when they experienced their symptoms.

[bit.ly/30usF52](http://bit.ly/30usF52)



#### **Live Action, Hands-Only CPR Demo Video**

Watch and learn the simple steps in this new 60-second demo video to help save a life with Hands-Only CPR.

(1 minute, 2 seconds)

[bit.ly/3J6tLKQ](http://bit.ly/3J6tLKQ)

### Point 3: Embrace Life's Essential 8™ to reduce your risk.



#### **Heart Attack Risk Assessment article**

Learn how to understand your risks in order to prevent a heart attack.

[bit.ly/38fY8e4](http://bit.ly/38fY8e4)



#### **Lifestyle Changes for Heart Attack Prevention**

Learn how a heart-healthy lifestyle can be your best defense against heart disease and stroke.

<http://bit.ly/30xbeB9>



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### **Life's Essential 8™**

Learn about Life's Essential 8™ and take the My Life Check®.

[bit.ly/1yYCuba](https://bit.ly/1yYCuba)



### **Treatment of Heart Attack**

Learn about common heart attack types and treatments.

[bit.ly/1JDiBXy](https://bit.ly/1JDiBXy)



### **Heart Attack: Don't Wait for a Second**

One page infographic on five ways to lower your risk of a second heart attack.

[bit.ly/3cD7UhC](https://bit.ly/3cD7UhC)