

# Why keep **aspirin** by your Bedside?

## **About Heart Attacks**

There are other symptoms of an heart attack besides ***the pain on the left arm.***

One must also be aware of ***an intense pain on the chin,*** as well as ***nausea*** and lots of ***sweating,*** however these symptoms may also occur less frequently.

**Note:** There may be no pain in the chest during a heart attack.

The majority of people (about 60%) who had an heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, ***immediately dissolve two aspirins in your mouth*** and swallow them with a bit of water.

*Afterwards:*

- *call 911*

- *say "heart attack!"*

- *say that you have **taken 2 aspirins.***

- **phone a neighbor or a family member who lives very close by.**

- ***take a seat on a chair or sofa near the front door, and wait for their arrival and...***

**~ do NOT lie down ~**

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