

Do you know your

EMERGENCY WARNING SIGNS?



HEART ATTACK

A Heart Attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood have become thicker and harder from a buildup of fat, cholesterol and plaque.



Here's what to look for:



- Chest pain, pressure, squeezing or fullness
- Shortness of breath, sweating, nausea or lightheadedness with or without chest pain
- Discomfort in arms, back, neck, jaw or stomach with or without chest pain
- Dizziness and extreme fatigue. Feelings of anxiety or impending doom.

Although a **WOMAN'S** most common symptom is chest discomfort, women are also likely to experience extreme fatigue, shortness of breath, nausea, vomiting and back or jaw pain.

STROKE

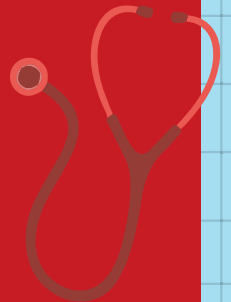
A Hemorrhagic Stroke occurs when a weakened blood vessel in the brain bursts, accounting for 20% of all stroke cases. In the other 80%, a blood clot stops the flow of blood to an area of the brain, causing an Ischemic Stroke.



Here's what to look for:

- Uneven smile or expression, facial droop, numbness in face, sudden severe headache or trouble seeing in one or both eyes
- One arm drifts downward, weakness and numbness, trouble walking
- Slurred, inappropriate words, mute, strange speech
- Time is critical, CALL 911 immediately!

WOMEN have also reported sudden pain in the face or legs, feeling weak all over, hiccups, chest pain, nausea, shortness of breath and rapid heartbeat.



Presented as a public service. Always consult your health care provider with questions.



TIME MATTERS: CALL 911 IF YOU WITNESS THESE SYMPTOMS!

 **AppleWood Self Storage LLC**

Safety is Our #1 Goal™

Visit our Safety Education Page Our perspective on safety goes beyond the confines of storage. Working with City Police and Fire Departments we have authored a variety of safety messages for around the home and travel. To share those with those you care about, please visit our Safety and Education page online.

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For A Safe Storage Experience