

What to do if...

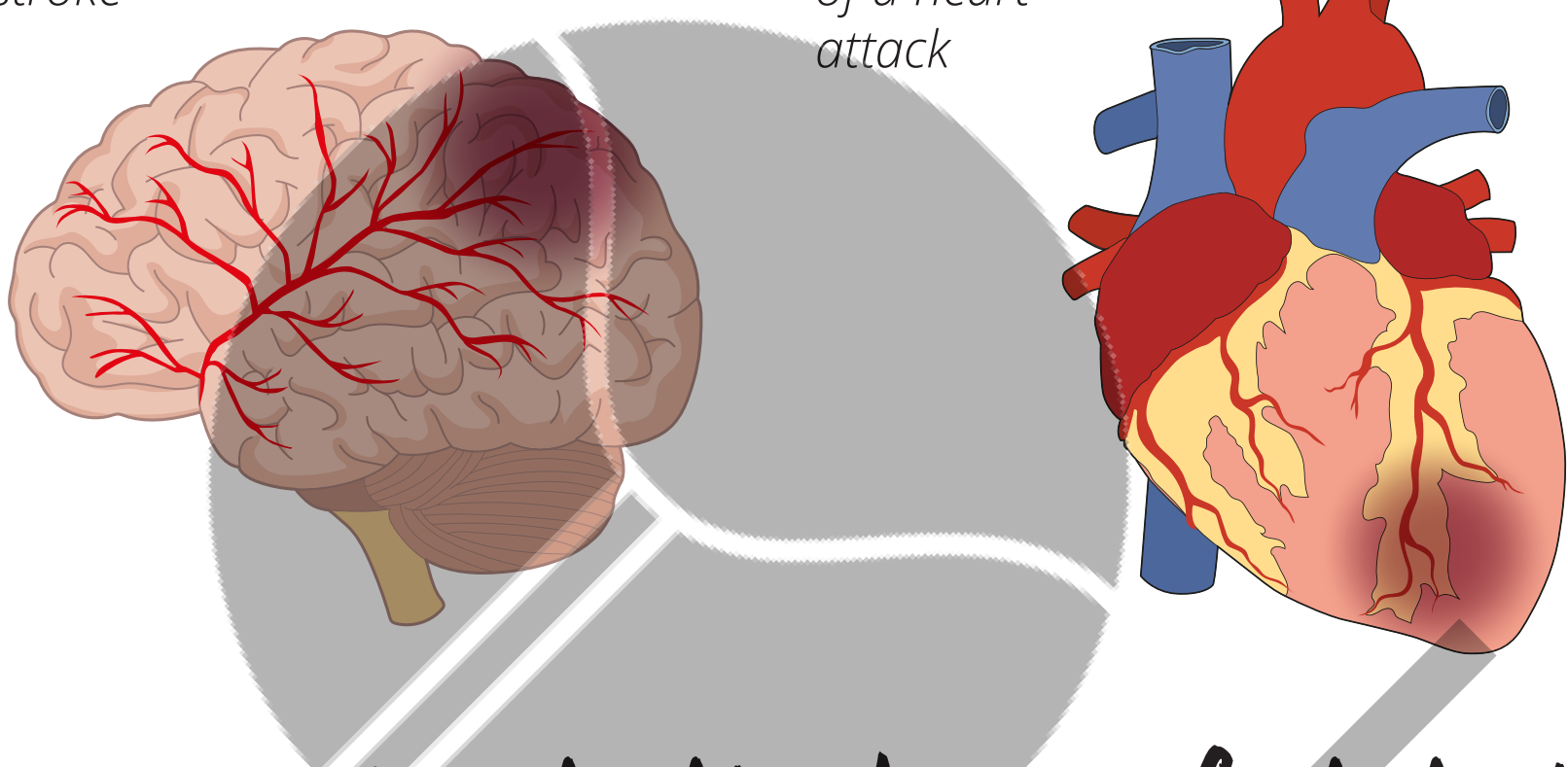
you encounter a heart attack or stroke?

Heart attack and stroke

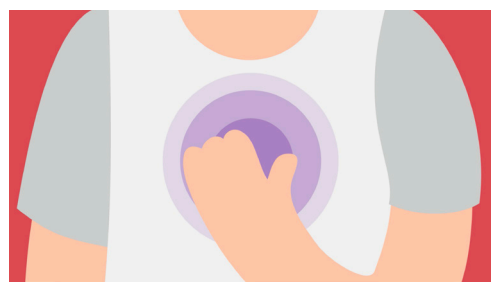
Heart attack and stroke are both cardiovascular diseases, caused by a blockage of arteries leading to heart or brain. These diseases can result in an irreversible damage of the heart or brain cells.

Development of a stroke

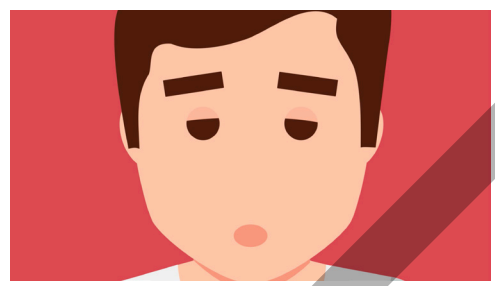
Development of a heart attack



How does a heart attack manifest itself?



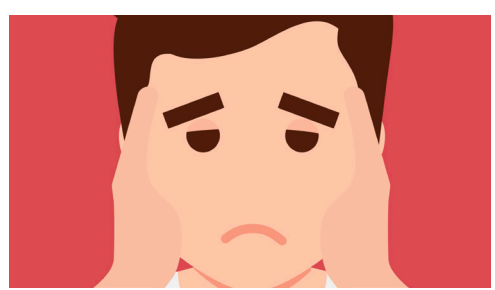
Chest pain



Shortness of breath



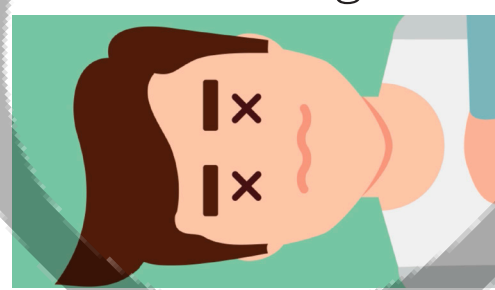
Pale face and sweating



Anxiety



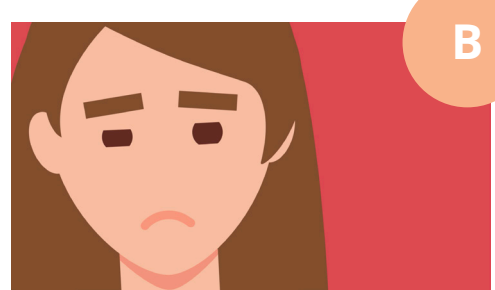
Nausea



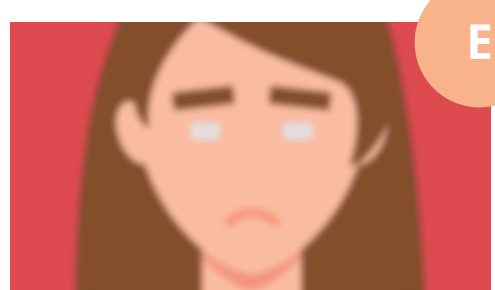
Unconsciousness

How does a stroke manifest itself?

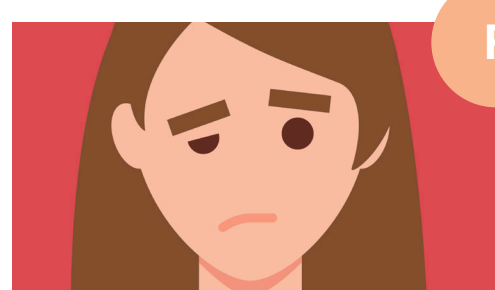
BE FAST!



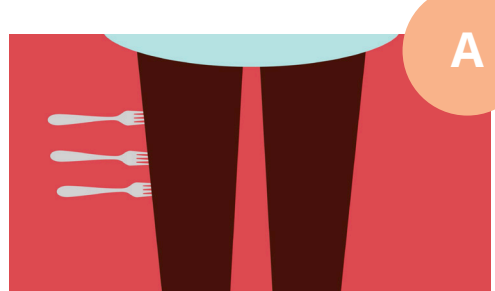
1) **B**alance - loss of balance, dizziness



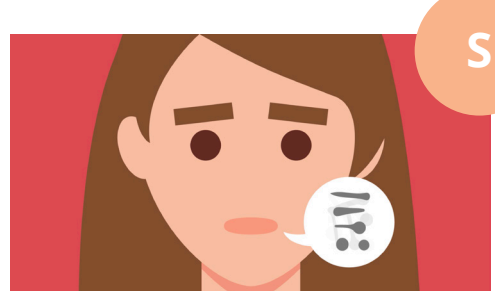
2) **E**yes - vision problems



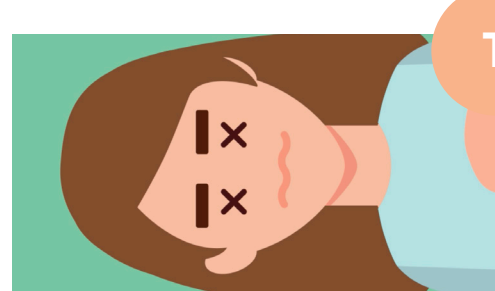
3) **F**ace - asymmetric face, numbness, tingling



4) **A**rms - numbness, tingling, insensitivity



5) **S**peech - speech problems



6) **T**ime

***DON'T HESITATE, CALL 155!**



Don't be afraid to call 155 because you are unsure if the problems are "serious enough". The dispatcher will come up with the best possible solution for your situation.

Want to know more?

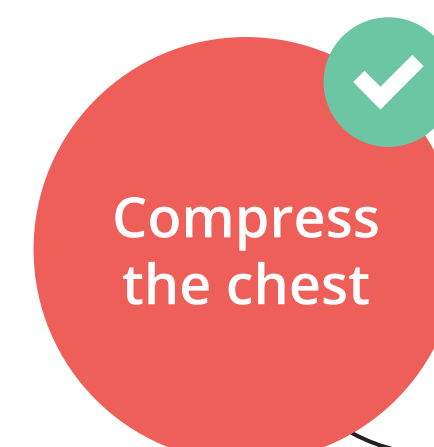
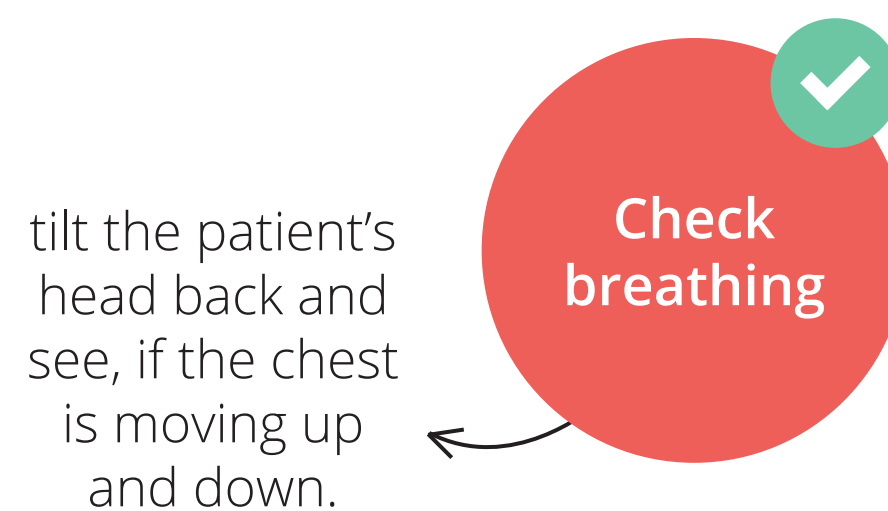
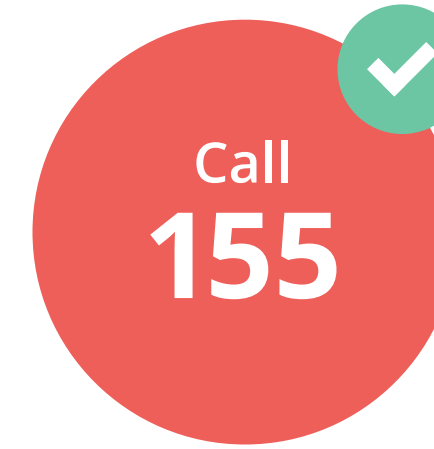
More information about how to take care of your #boobsandballs, heart and reproductive organs, or where to go for a regular check-up at www.loono.cz/en.

Follow us on our social media @loonocz:



What (not) to do...

in case of a heart attack?



tilt the patient's head back and see, if the chest is moving up and down.

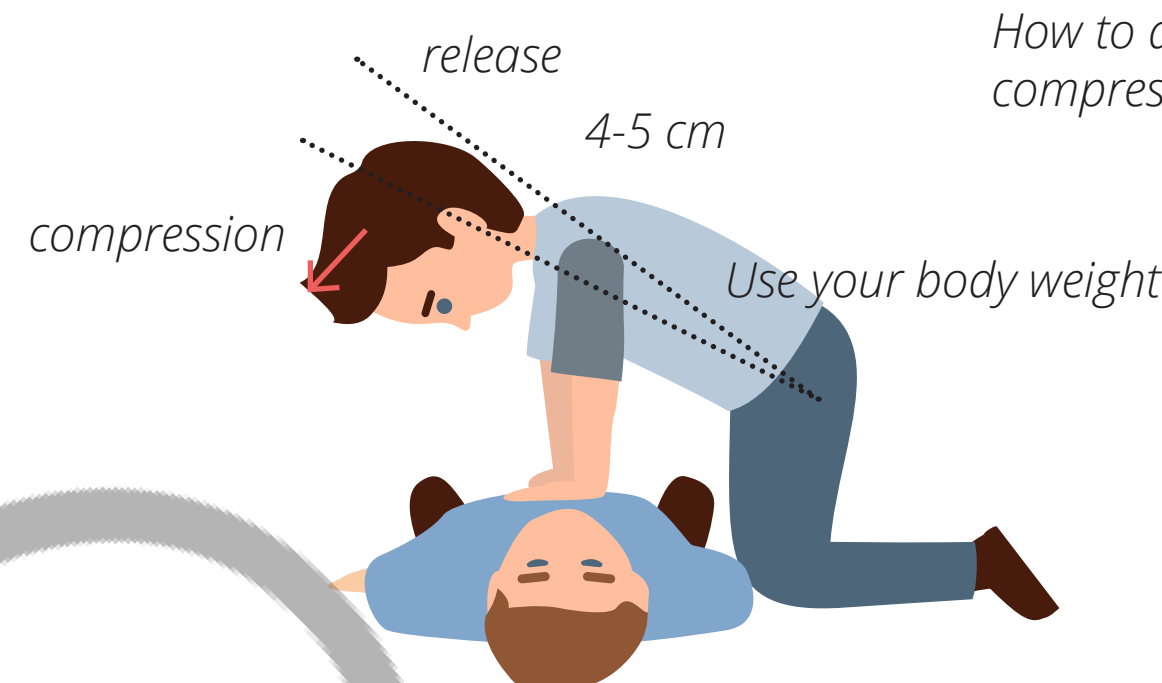
talk, pinch the patient's ear.

in case of unconsciousness and no breathing.

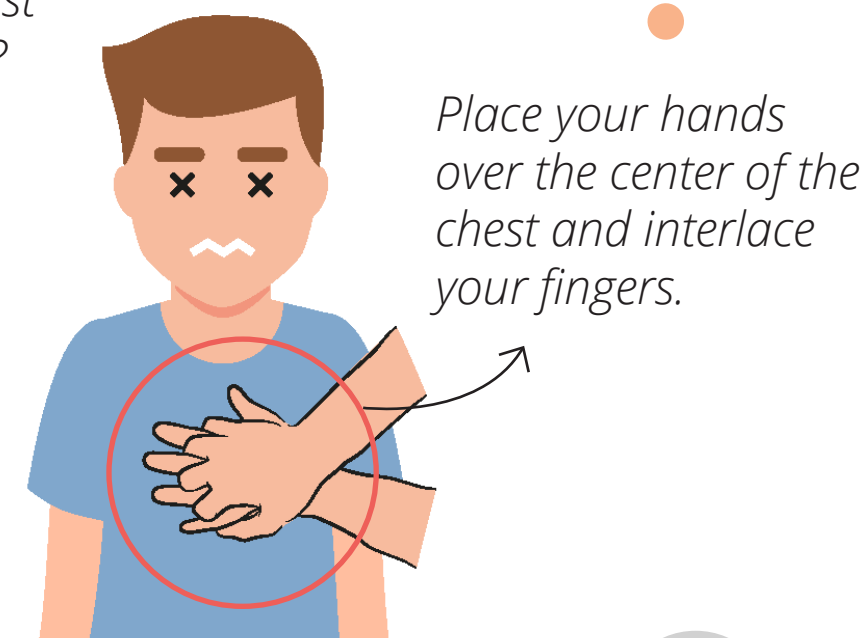


Did you know that occasional gasps for air are not enough to survive?

How to do chest compressions?



How to do chest compressions?



1. Put your phone on the speaker
2. Kneel next to the patient
3. Place your hands over the center of their chest (between the nipples)
4. Interlace your fingers
5. Make sure your elbows are straight
6. Using your upper body weight, push straight down on the chest at least 5 cm deep (it's the size of a Tic Tac box)
7. Keep the pace of 100 compressions per minute

Keep compressing until the paramedics take over. You can stop if the patient starts to fight back. Don't be afraid to fail - every help is better than none.

You don't have to count the compressions, just follow the rhythm of Jingle Bells..

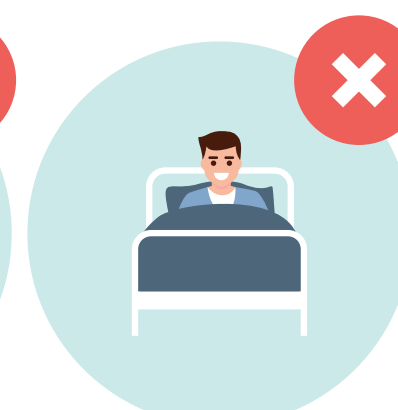
What to avoid?



Don't underestimate any of the symptoms



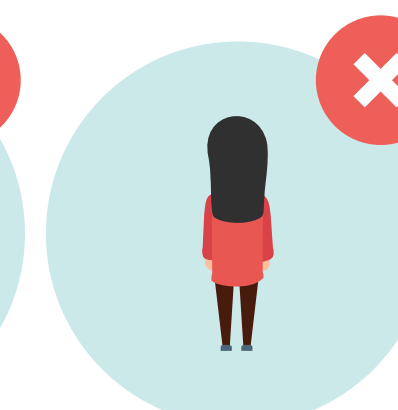
Don't drive



Don't go to sleep



Don't eat or drink



Don't leave your location

Test your knowledge at bit.ly/PreventionTest



This project was funded by the financial support of the Ministry of Health of the Czech Republic

