DON’T IGNORE heart symptoms

COMMON SYMPTOMS of a heart attack include:
- Chest pain
- Difficulty breathing
- Discomfort in chest, arms, back, neck, shoulder or jaw

CALL 9-1-1 IMMEDIATELY if you think you are having a heart attack.

Heart attacks don’t stop during a pandemic.

The University of Ottawa Heart Institute is taking safety measures to protect you from infection • ottawaheart.ca

CALL YOUR DOCTOR if you have a heart condition and have questions or think you need a health visit. If you are unable to reach your doctor (or if you do not have a doctor) please dial 613-696-7000 and ask to speak to the nursing coordinator.

DON’T DELAY routine care. You may be able to get advice over the telephone or use telehealth for a virtual visit.