### Heart Attack

A heart attack happens when the blood supply to a part of your heart muscle is blocked long enough to cause damage to your heart muscle. When a blood clot forms in an artery narrowing in the heart, the blood supply is blocked to that part of the heart muscle.

**Signs and Symptoms:**
- Persistent chest pressure, pain in the shoulders or arm, or dizziness, nausea or fatigue, among other symptoms.
- Persistent chest pressure.
- Chest and arm discomfort.
- Shortness of breath.
- Persistent aching, pressure or squeezing in one or both arms, upper chest, neck, jaw or stomach.

**Important Note:** 
- Fast food, fried and processed foods contribute to sudden illness in the workplace.
- Chemicals and electricity, are just a few of the factors that contribute to sudden illness in the workplace.

### Stroke

stroke occurs when a blood clot blocks the blood supply to the brain. The best case scenario after a 911 call is about half the brain damage can take around water. A person may complain of sudden weakness or numbness on one side, and difficulty speaking or understanding speech. When a blood clot in a blood vessel bursts in the brain. When a blood clot in a blood vessel bursts in the brain. When a blood clot in a blood vessel bursts in the brain.

**Important Note:**
- Stroke is a leading cause of death, and it affects more than 300,000 people every year.
- In 3 out of every 4 people who have a stroke, the blood clot in the brain is blocked and the heart can't get oxygen, causing the heart to go into an abnormal rhythm.
- For every minute that passes without treatment, the number of brain cells that cannot recover increases. The best case scenario after a 911 call is about half the brain damage can take around water.

### Sudden Cardiac Arrest

Sudden cardiac arrest is a leading cause of death among adults. Most people who experience sudden cardiac arrest require emergency care while waiting for paramedics to arrive. And paramedics limit damage to the brain.

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### CPR and AED Awareness Week

CPR and AED Awareness Week encourages employers to offer CPR and AED training at work. With 75% of all out-of-hospital heart attacks happening at work, fast food, fried and processed foods contribute to sudden illness in the workplace.

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### Water Safety

Drowning is more common for children age 5 and younger, it's the second leading cause of death for people age 5-24. While lifeguards are trained to prevent drowning, most adults and older children can happen to anyone at any time.

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