



It's Hunting Season in West Virginia! Let's make sure you are ready for a safe and successful year in the woods by learning the signs of a heart attack, cardiac arrest, or stroke. The most important part of the hunting day is making sure you make it home safely when the sun goes down.

# F.A.S.T.



## STROKE SYMPTOMS

### FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.

### ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

### SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

### TIME TO CALL 911

If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

## HEART ATTACK SYMPTOMS

### CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

### DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

### SHORTNESS OF BREATH

with or without chest discomfort.

### OTHER SIGNS

may include breaking out in a cold sweat, nausea or lightheadedness.



## HEART HEALTH TIPS

- Give yourself a break! Take frequent rests so you don't overstress your heart and pay attention to how your body feels
- Learn the heart attack, cardiac arrest, and stroke signs and listen to your body
- Consult a doctor if you have a medical concern or question or if you have been diagnosed with a medical condition (like heart disease or diabetes) prior to hunting – especially if this is a substantial increase over your usual level of activity
- Learn CPR
- Minutes matter! Fast action saves lives, so don't wait to call 911 if you feel like something is 'off'

## MAKE A PLAN

- Make sure someone knows your approximate time of departure and when you should be back home. Also, make sure they have an estimated area of where you'll be hunting.
- Know the closest hospital and most direct route in case of emergency
- Charge your phone and have emergency contacts input into your device

## HEART HEALTHY TRAIL MIX

- 2 cups crunchy, high-protein cereal
- 1/4 cup dried, sweetened cranberries
- 1/2 cup slivered almonds (dry-roasted)
- 1 to 2 tsp. grated orange zest

In a large resealable plastic bag, combine the ingredients. Seal the bag tightly. Shake until well blended.