



Heart Healthy Habits

Striving for a Strong, Healthy Heart

No Smoking



Don't smoke or use tobacco. Chemicals in tobacco can damage your heart and blood vessels. Carbon monoxide in cigarette smoke replaces some of the oxygen in your blood.

This increases your blood pressure and heart rate by forcing your heart to work harder to supply enough oxygen. No amount of smoking is safe for your heart.

Make Changes in Cooking

Eating a heart healthy diet includes eating from all the food groups and cutting down on fat, added sugar, salt, and calories.

Try using healthier cooking techniques and adding more whole grains, fruits, vegetables, and healthy fats such as avocado, nuts, and olive oil.



Exercise

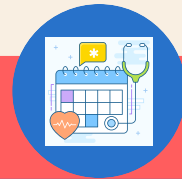


Even short amounts of exercise can help your health and mood. Activities such as taking the stairs and going for a walk are beneficial.

Start off slow and gradually increase. Aim for moving your body on most days of the week.

Get Screened

Health screenings are vital at every age. Regular recommended health screenings include blood pressure, cholesterol levels, and diabetes screening. Talk with your health providers about what is best for you.



Sleep

Getting enough quality sleep is important for your health. Set a sleep schedule and stick to it by going to bed and waking up at the same times every day. Keep your bedroom dark and quiet, so it's easier to sleep.





Medical Emergency Tips

Assessing the Situation and Determining the Course of Action

Call 911/emergency medical help if you think you might be having a heart attack.

Someone having a heart attack may have any or all of the following symptoms:

- Chest pain, pressure or tightness, or a squeezing or aching sensation in the center of the chest
- Pain or discomfort that spreads to the shoulder, arm, back, neck, jaw, teeth or occasionally upper abdomen
- Nausea, indigestion, heartburn or abdominal pain
- Heartburn or abdominal pain
- Shortness of breath
- Lightheadedness, dizziness, fainting
- Sweating



Don't ignore the symptoms of a heart attack.

In the event of a medical emergency:

- 1: Assess the emergency situation and determine a course of action;***
- 2: CALL 911 and THEN;***
- 3: Administer necessary first aid procedures if the following situations or injuries occur:***

(THIS IS NOT AN EXHAUSTIVE LIST.)

- Suicide Attempt
- Drug Overdose (if prescription and non-life threatening, contact the prescribing physician for instruction). For a suspected Opioid overdose, if staff is trained in use of Naloxone and it is available, staff should follow Naloxone Protocol.
- Severe burns and any burn on the face, genitals, palms of hand, or soles of feet
- Any eye injury, including any foreign object in the eye
- Loss of consciousness including temporary blacking out
- A wound with bleeding that cannot be stopped
- Shortness of breath while at rest
- Any type of chest pain
- Severe headache with nausea, vomiting, stiff neck or changes in vision
- Seizure
- Loss of sensation or loss of motion in an extremity
- Inability to walk or stand or recent onset of difficulty in walking or standing
- Severe, inexplicable pain
- Vomiting of blood
- Electrical burn
- Poisoning

