



Heart Healthy Hunting

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.