



**QUALICO**<sup>®</sup>

**HELPING BUILD  
BETTER CITIES**<sup>™</sup>

**Recognizing the symptoms of a heart attack or stroke early can be crucial. Here are some common signs to watch for:**

### **Signs of a Heart Attack**

- **Chest Discomfort:** This can feel like pressure, tightness, pain, squeezing, or aching in the center of the chest. It may last more than a few minutes or go away and come back.
- **Discomfort in Other Areas:** Pain or discomfort can spread to the shoulders, arms, back, neck, jaw, or stomach.
- **Shortness of Breath:** This can occur with or without chest discomfort.
- **Cold Sweat:** Breaking out in a cold sweat is a common symptom.
- **Nausea or Vomiting:** Feeling nauseous or vomiting can be a sign.
- **Lightheadedness or Dizziness:** Sudden dizziness or feeling lightheaded.
- **Fatigue:** Unusual or extreme fatigue, sometimes days before the heart attack.

### **Signs of a Stroke**

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.
- Confusion, trouble speaking, or understanding speech.
- Trouble seeing in one or both eyes.
- Difficulty walking, dizziness, or loss of balance and coordination.
- Severe headache with no known cause.

**If you or someone around you experiences these symptoms, it's important to call emergency services immediately. Quick action can save lives.**



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Certified First Aiders	Main Floor	Contact #
Benjamin Mercer	Qualico Communities	403-212-6378
Saba Ishaq	Qualico Communities	403-212-6321

Certified First Aiders	2nd Floor	Contact #
Curt Keil	Sterling Homes	403-212-6372
Gerrad Viccars	Sterling Homes	403-371-7449
Lynn Fast	Sterling Homes	403-385-2876
Earl Raatz	Nuvista Homes	403-212-1614
Wendee Bishop	Nuvista Homes	403-212-1610
Andrew Mackenzie	Broadview Homes	403-212-4939
Certified First Aiders	3rd Floor	Contact #
William Fulton	Qualico Safety	403-212-6342 Cell: 587-574-8086
Deborah Terakita	Qualico Region	403-212-1607
Jeffrey Sharpe	Streetside Developments	403-385-2857
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Jessica Ranger	Qualico Properties	403-640-9380
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Kelly Good	Qualico Safety	403-212-6351
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This list is not inclusive of all First Aiders within this office