



QUALICO®

**HELPING BUILD
BETTER CITIES™**

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
Shivani Akshantala	DesignQ	403-385-2833

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
Shawn Krystowsky	Nuvista Homes	403-212-1605
Lisa Ventrudo	Nuvista Homes	403-212-6314
Andrew Mackenzie	Broadview Homes	403-212-4939
Shivani Akshantala	DesignQ	403-385-2833

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
Tracey Ashton	Streetside Developments	403-385-2850
Jessica Ranger	Qualico Properties	403-640-9380
Byron Guss	Qualico Properties	403-212-6384
Kelly Good	Qualico Safety	403-212-6351
Meghan Dennehy	Qualico Safety	403-385-2886

This list is not inclusive of all First Aiders within this office