Public Health Toolkit **SOCIAL MEDIA**

Winter Heart Disease

POST: Cardiovascular disease is the leading cause of death in NYS. Reduce your risk by eating healthier foods, being physically active, and being tobacco-free.
www.health.ny.gov/diseases/cardiovascular/heart_disease/
TWEET: Regular physical activity & choosing healthier foods are great ways to reduce your risk of cardiovascular disease. www.health.ny.gov/diseases/cardiovascular/heart_disease/

POST: The five most common symptoms of a heart attack are: Chest pressure or pain; shortness of breath; pain or discomfort in the arms or shoulder; pain or discomfort in the jaw, neck or back; and feeling weak, lightheaded or nauseous. If you or someone you know is experiencing these symptoms always, call 9-1-1 immediately.
www.health.ny.gov/diseases/cardiovascular/heart_disease/types_of_cv.htm#chd
TWEET: Know the 5 most common symptoms of a heart attack. Always call 911 immediately if you or someone you know has them.
www.health.ny.gov/diseases/cardiovascular/heart_disease/types_of_cv.htm#chd

POST: Planning meals ahead and keeping healthier snacks on hand can help keep your meal-time stress down and your energy up! Get daily tips to help you stay on track. www.Facebook.com/iChoose600
TWEET: Planning meals ahead and keeping healthier snacks on hand can help keep your meal-time stress down and your energy up! www.Facebook.com/iChoose600

POST: Talk to your family about knowing the signs and symptoms of stroke. Stroke is the leading cause of disability. Learning the signs of stroke and calling 9-1-1 for help are the best ways to prevent disability and death from one. www.health.ny.gov/diseases/cardiovascular/stroke/
TWEET: Learning the signs of stroke and calling 911 for help are the best ways to prevent disability and death. www.health.ny.gov/diseases/cardiovascular/stroke/

POST: Looking to eat a little bit healthier? Start by choosing 600 calorie or less meals when eating out.
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