

Will you recognise your heart attack?



Warning Signs Action Plan

Do you feel any

pain pressure heaviness tightness

In one or more of your

chest neck jaw arm/s back shoulder/s

You may also feel

nauseous a cold sweat dizzy short of breath

Yes

1 STOP and rest now

2 TALK tell someone how you feel

If you take angina medicine

- Take a dose of your medicine.
- Wait 5 minutes. Still have symptoms? Take another dose of your medicine.
- Wait 5 minutes. Symptoms won't go away?

Are your symptoms severe or getting worse?

or

Have your symptoms lasted 10 minutes?

Yes

3 CALL 000 and chew 300mg aspirin, unless you have an allergy to aspirin or your doctor has told you not to take it
Triple Zero

- Ask for an ambulance.
- Don't hang up.
- Wait for the operator's instructions.