Warning signs of a heart attack

Pain, pressure, heaviness or tightness in your:

- Chest
- Arm/s
- Shoulder/s
- Neck
- Jaw
- Back

You may also feel

- sick
- a cold sweat
- dizzy
- out of breath

What to do: CALL 000 for fast help 24 hours

and chew 300mg aspirin, unless you have an allergy to aspirin or your doctor has told you not to take it.

If you can’t call 000 go to your local hospital or clinic

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