

Know the warning signs of heart attack and what to do.

Order an Action Plan.

Will you recognise your heart attack?

Heart Foundation

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 a

nauseous cold sweat dizzy short of breath

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?

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.

*If calling Triple Zero (000) does not work on your mobile phone, try 112.

© 2017 National Heart Foundation of Australia ABN 98 008 419 761. CON-076.v4-0617

HFN0389-JUN17

Talk to a health professional about the warning signs of heart attack. For a FREE Action Plan call **13 11 12**.