Know the warning signs of heart attack and what to do.
Order an Action Plan.

Will you recognise your heart attack?

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
- 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?

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

- 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.

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