



# My heart attack action plan

## Heart attack warning signs

- Heavy pressure, tightness, crushing pain or unusual discomfort in the centre of the chest lasting more than 10–15 minutes. It may stop or get less intense and then return.
- Pain spreading to the shoulders, neck, jaw and/or arms.
- These may be accompanied by sweating, a sick feeling in the stomach. Dizziness and a shortness of breath.
- **When it's a heart attack, minutes do matter.**

## Heart attack action plan



Dial 111, ask for the ambulance service and tell them you are having a possible heart attack.



If available chew an aspirin, unless you have been told not to in the past.



Rest until the ambulance arrives.