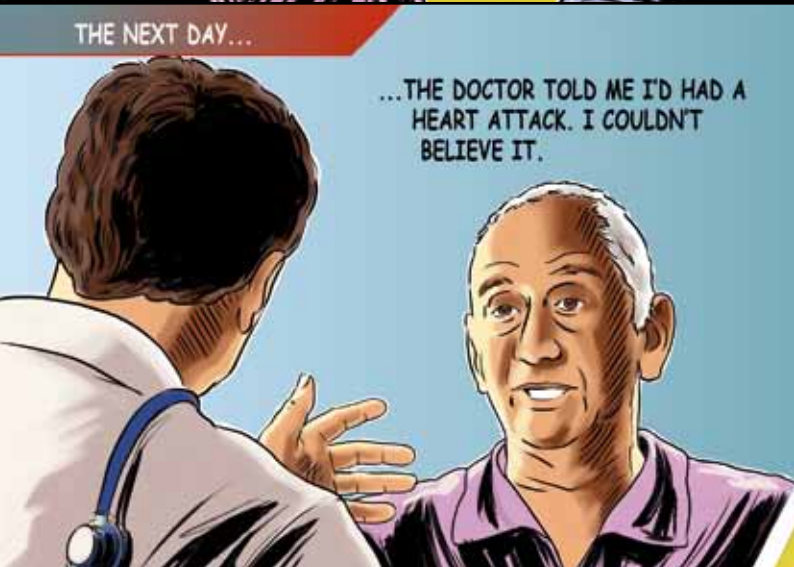
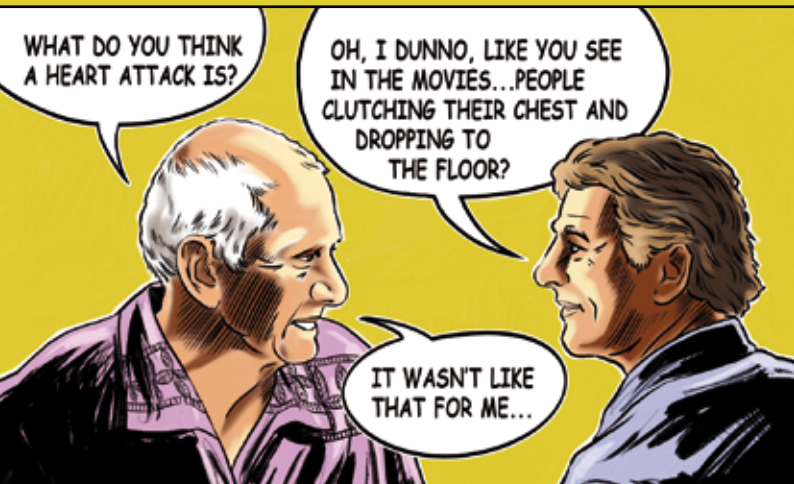


WHAT DO YOU THINK A HEART ATTACK IS?



NO TWO HEART ATTACKS ARE THE SAME. SIGNS VARY.

IF YOU FEEL:

- PRESSURE/HEAVINESS/PAIN IN THE CHEST
- MAYBE GOING TO YOUR NECK, JAW, BACK OR DOWN ONE OR BOTH ARMS
- SHORT OF BREATH
- COLD AND SWEATY, FEEL SICK OR JUST A BIT OFF COLOUR

TAKE ACTION.



YOU CAN'T TAKE CHANCES WITH YOUR HEART, IF YOU THINK THERE MIGHT BE SOMETHING WRONG:

- CALL 111
- TAKE AN ASPIRIN, UNLESS YOU HAVE BEEN TOLD NOT TO IN THE PAST
- REST UNTIL THE AMBULANCE ARRIVES.

NO TWO HEART ATTACKS ARE THE SAME. KNOW THE SIGNS AND TAKE ACTION.

FIND OUT MORE AT WWW.HEARTFOUNDATION.ORG.NZ

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