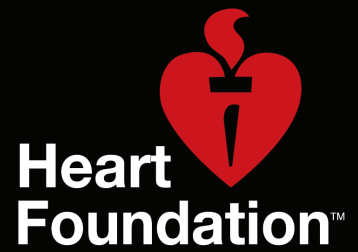


Heart attack warning signs



ARE YOU EXPERIENCING...

HEAVINESS



TIGHTNESS

PRESSURE



DISCOMFORT
/PAIN

In ANY of these areas:

- ◆ CHEST
- ◆ SHOULDER
- ◆ JAW
- ◆ ARM
- ◆ NECK
- ◆ BACK (PAIN IN MID BACK)



You may also experience:

- SWEATING ◆
- SHORTNESS OF BREATH ◆
- NAUSEA ◆
- FATIGUE ◆
- DIZZINESS ◆

YES?



Stop and rest now.
Tell someone how you feel.



If symptoms continue for more than 10 minutes, call 111 and ask for an ambulance.
Chew an aspirin if advised by a paramedic.



If you have **angina medication**, take one puff of your GTN spray. Wait five minutes. If symptoms continue, take another puff. Wait five minutes. If you still have symptoms, treat as a heart attack. Dial 111 and ask for an ambulance.