Heart attack warning signs

ARE YOU EXPERIENCING...

- HEAVINESS
- PRESSURE
- TIGHTNESS
- 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?

01 STOP
Stop and rest now. Tell someone how you feel.

02
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.