

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

01



02



03



Stop and rest now.
Tell someone how
you feel.

If you take angina
medication and the
symptoms have not
been relieved within
10 minutes or if the
symptoms are severe
or getting worse.

**Call 111 and ask for an
ambulance.**

If instructed to by a
paramedic or medical
professional and
aspirin is available,
chew one.