

Warning signs of a heart attack

and how to respond in a rural or remote area

People can experience a heart attack in different ways.
Knowing in advance what to do can help you remain calm and act quickly.

Some of the most common warning signs of a heart attack include:

Pain, pressure or tightness in one or more of these areas:



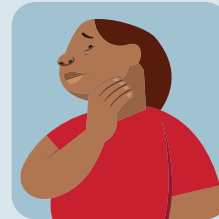
Chest



Arm/s

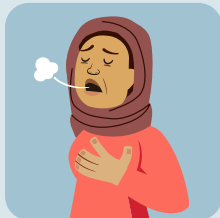


Shoulder/s
or back



Neck or jaw

You may also feel:



Short of breath



Dizzy



Sweaty



Sick

You might have some or all of these warning signs.
Remember, not everyone having a heart attack
will have chest pain.



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MyLife program

How to respond when you live far away from a hospital

Living in rural or remote Australia might mean you need to travel long distances to access healthcare services. This makes knowing how to respond in an emergency even more important.

Treatment starts when you call Triple Zero (000)

If you are worried about how you, or someone you know, is feeling, it's important to seek medical help straight away by calling Triple Zero (000).

Calling Triple Zero (000) in a rural or remote area will automatically connect your call to the closest emergency service who will be able to assist. This could include a local clinic, an ambulance, or even the Royal Flying Doctor Service.

You can call Triple Zero (000) for assistance even if:



your mobile provider does not have network coverage in the area



you have run out of credit on your mobile phone



your mobile account is inactive, disconnected or there is no SIM card in your phone



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