

Warning signs of a heart attack

Pain, pressure, heaviness or tightness in your:



Chest



Arm/s



Shoulder/s or Back



Neck or Jaw



You may also feel:



Short of breath



Dizzy



Cold sweat



Sick

Tell someone how you feel.

If feeling worse or not better after 10 minutes,

 Call triple zero (000)

No phone? Get to the closest hospital or clinic.

Chew 300mg of aspirin if you have it, unless you are allergic or your doctor has told you not to.