

# Warning signs of a heart attack

## Knowing the warning signs of a heart attack could save your life

### What does a heart attack feel like?

The warning signs of a heart attack often differ for each person. The pain or discomfort can last for several minutes or come and go. Some people say it feels like:

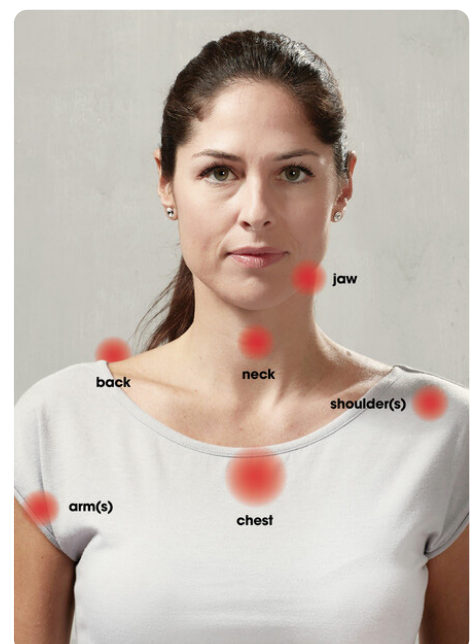
- bad indigestion
- a belt being tightened around their chest
- a choking feeling in their throat
- their arms feel heavy and useless.

### What are the most common warning signs of a heart attack?

Pain or discomfort in one or more of these areas:

- Chest
- Arm
- Shoulder
- Back
- Neck
- Jaw

This pain or discomfort might feel like an uncomfortable pressure, aching, numbness or squeezing.



Scan the QR code or visit [myheartmylife.org.au](https://myheartmylife.org.au) to join MyHeart MyLife - a free support program for people living with heart disease.

Other warning signs can include:

- Feeling short of breath, puffed or having difficulty breathing
- Feeling dizzy or lightheaded
- Sweating
- Feeling sick (nausea/vomiting)
- Indigestion
- Extreme fatigue

**Seek treatment immediately by calling Triple Zero (000).**

**Every minute counts.**

**Do you know the warning signs of a heart attack?**



Watch video

## How do I know if I'm having a heart attack or something else?

If you have any of the warning signs of a heart attack, call Triple Zero (000) right away. The only way to find out what is causing your symptoms is to seek urgent medical help. It's much safer to call emergency services and be told it is something less serious than to find out too late.

Remember, no two heart attacks are the same. Even if you've had a heart attack before, you may experience different symptoms if you have another heart attack.

## Calling for an ambulance

Treatment starts when you call Triple Zero (000) for an ambulance, which is the safest and fastest way to get to hospital. Do not drive yourself.

You will then be connected to an emergency service operator, who will take details of the situation. Keep calm and speak slowly. The operator is there to help you, so they need to know what is going on.

Teach others in your family and in your community, including children, about calling Triple Zero (000). It could save your life or the life of a loved one.

## Your warning signs action plan

Keep your warning signs action plan on your fridge so you, and the people you live with, are aware of the steps to take. You can also take a screenshot on your phone to keep with you and to share with others.



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# Warning signs of a heart attack

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



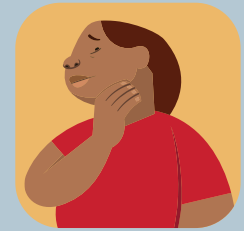
Chest



Arm/s



Shoulder/s or Back



Neck or Jaw



You may also feel:



Short of breath



Dizzy



Sweaty



Sick

**Tell someone how you feel.**

**If feeling worse or not better after 10 minutes,**

**Call Triple Zero (000)** 

Don't ignore the warning signs of a heart attack. Get help now. Every minute counts.

Call Triple Zero (000) and your nearest clinic. Take 300mg of aspirin if you have it, unless you are allergic, or your doctor has told you not to.