

Warning signs of a heart attack

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



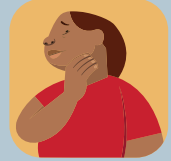
Chest



Arm/s



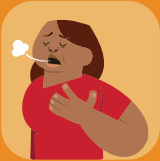
Shoulder/s or Back



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)** 

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