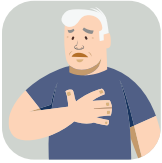


# Warning signs of a heart attack

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



Chest



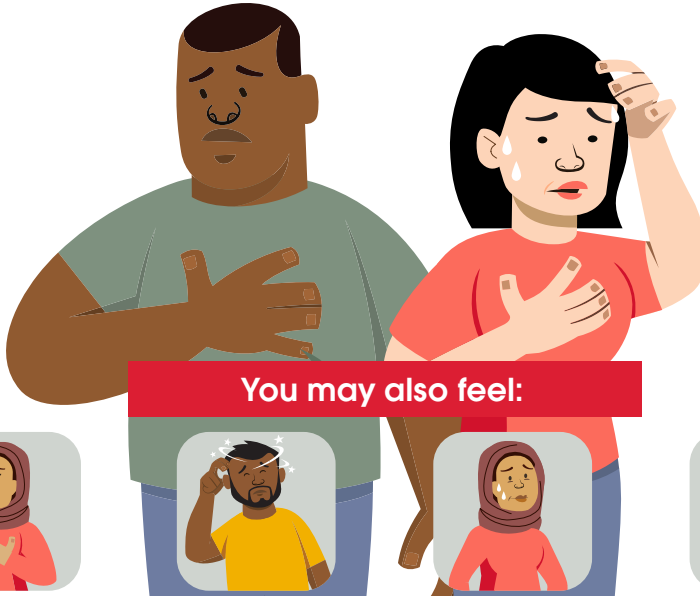
Arm/s



Shoulder/s or Back



Neck or Jaw



You may also feel:



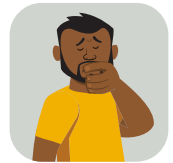
Short of breath



Dizzy



Sweaty



Sick

Tell someone how you feel.

If feeling worse or not better after 10 minutes,



# Call Triple Zero (000)



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



**Use this QR code to visit the Heart Foundation website for more heart attack warning signs information, videos and other free resources.**

**This heart attack action plan is also available in Arabic, Punjabi, Hindi and Vietnamese.**

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