


Heart Attack

What to do if someone is having a heart attack

Recognize the signs

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- 1 Chest pain
 - 2 Pain in the neck or jaw
 - 3 Pain spreading to left or right arm
 - 4 Shortness of breath & sweating
 - 5 Nausea, dizziness or vomiting
 - 6 Back or shoulder pain

— Heart Attack —

STEP 1



Dial 999
for an ambulance

STEP 2



Sit and Rest
wait for the ambulance

STEP 3



Asprin*
take whilst waiting

*unless allergic



Acting fast in the event of a heart attack saves lives



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