

Warning signs of a heart attack

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



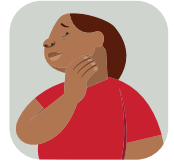
Chest



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.



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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