

Will you recognise your heart attack?



Do you feel any

pain

pressure

heaviness

tightness

In one or more of your

chest

neck

jaw

arm/s

back

shoulder/s

You may also feel

nauseous

a cold sweat

dizzy

short of breath

Yes

1

STOP

and rest now

2

TALK

Tell someone how you feel

Are your symptoms severe
or getting worse?

or

Have your symptoms
lasted 10 minutes?

Yes

3

CALL 000*

Triple Zero

- Ask for an ambulance.
- Don't hang up.
- Wait for the operator's instructions.

*If calling Triple Zero (000) does not work on your mobile phone, try 112.