

Chest pain? Call 999.

It could be a heart attack. Free from any phone.

Warning signs

- Pressure, tightness or heaviness in the chest, lasting more than a few minutes
- Pain spreading to arm, jaw, neck, back or stomach
- Short of breath, sweating, feeling sick, faint
- Can feel like bad indigestion. Women often have milder signs.

What to do

1. **Call 999.** Say "I think it's a heart attack."
2. **Sit down and stay still.**
3. **Chew one 300mg aspirin** if within reach and not allergic.
4. **Unlock the door. Do not drive.**

Collapsed and not breathing?

- 999 on speaker. Push hard and fast on the centre of the chest, twice a second. Don't stop.

[chestpain.org.uk](https://www.chestpain.org.uk)

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