

Chest pain? It could be a heart attack.

Don't wait. Don't drive yourself. Don't "see how it goes".

Warning signs

- **Pressure, tightness or heaviness** in the centre of the chest
- Feels like bad indigestion or a heavy weight
- Lasts more than a few minutes, or goes and comes back
- Pain spreading to **arm, jaw, neck, back or stomach**
- **Short of breath**
- **Sweating**, cold and clammy
- Feeling or being **sick**
- Light-headed or faint
- Women, older people and people with diabetes often have milder symptoms. **Still a heart attack.**

What to do

- 1 Call 999. Say "I think it's a heart attack."**
Free from any phone. Don't ring family or the GP first.
- 2 Sit down and stay still.**
On the floor, back against a wall, knees bent.
- 3 Chew one 300mg aspirin**
if it's within reach and you're not allergic.
- 4 Unlock the door. Do not drive yourself.**
Wait for the ambulance. Treatment starts when they arrive.

Not sure? Call 999 anyway.