

# 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

shoulders

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.