

Warning signs of a heart attack

—what to do

- 1. Stop**—Immediately stop what you are doing and rest.
- 2. Talk**—If you are with someone, tell them what you are feeling.
 - If you take angina medicine:
 - Take one dose of your angina medicine. Wait 5 minutes.
 - Still have symptoms? Take another dose of your medicine. Wait another 5 minutes.
 - If any of your symptoms:
 - are severe
 - get worse quickly
 - have lasted 10 minutes
- 3. Call Triple Zero (000) now!**—and chew 300mg aspirin, unless you have an allergy to aspirin or your doctor has told you not to take it.
 - Ask for an ambulance. Don't hang up. Wait for advice from the operator.
 - While on the phone, chew 300mg aspirin, unless you have an allergy to aspirin or if your doctor has told you not to take it.

Why is a heart attack an emergency?

With a heart attack, every minute counts. Too many people lose their lives because they take too long to call Triple Zero (000) for an ambulance.

Getting to hospital quickly can reduce the damage to your heart muscle and increase your chance of survival. In hospital, staff will give you treatments that help to reduce this damage.

Why call Triple Zero (000)?

Calling Triple Zero (000) gets you:

- an ambulance fast
- treatment as soon as you phone
- advice on what to do while waiting for the ambulance to arrive.

Ambulance paramedics are trained to use special lifesaving equipment and to start early treatments for a heart attack inside the ambulance.

The ambulance is the safest and fastest way to get you to hospital. It gets you medical attention straight away. Attempting to get to hospital quickly in a private vehicle can be dangerous for the occupants of your vehicle and other road users.

It is always better to go to hospital and be told it's not a heart attack than to stay at home until it is too late.

Want to know more?

For more information call the Heart Foundation Helpline on **13 11 12** or visit heartfoundation.org.au

Be prepared

- Know the warning signs of a heart attack and what to do.
- Keep your action plan handy (on your fridge or in your wallet/purse).
- Make sure that you have ambulance cover.
- Tell your family and friends about the warning signs of a heart attack and what to do—don't keep this lifesaving message to yourself.
- Prevent another heart attack by taking steps to reduce your risk—talk to your doctor, attend a cardiac rehabilitation program or visit heartfoundation.org.au.



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