

Heart Attack Action Plan

If you or someone else experience any combination of the overleaf symptoms:



Dial 000 - ask for ambulance



Report possible heart attack



Give aspirin unless advised otherwise



Rest patient quietly until ambulance arrives

For more detailed information visit heartresearch.com.au/heartattack

Heart Attack Symptoms

Chest pain is the most common symptom of a heart attack, however women may experience less obvious warning signs. If in doubt dial 000.

Women vs Men

Dizziness,
lightheadedness
or fainting

Chest discomfort
or burning like
heartburn

Nausea or
vomiting

Fatigue

Sweating
and shortness
of breath

Jaw, neck and
back pain or
tightness

Lower chest
pain or pressure



Squeezing
chest pressure
or pain

Jaw, neck or
back pain or
tightness

Nausea or
vomiting

Shortness
of breath



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