

CHEST PAIN GUIDE

Always remember to call 000 in case of an emergency

Possible Heart Attack

- Does chest have discomfort described as Dull, Heavy & Constant?
- Shortness of Breath?

- Pain usually at the middle of the chest
- May radiate to jaw, neck or down the arm

- Dizzy or feeling faint
- Pale, cool, sweaty skin (Clammy)
- Nausea and/or vomiting

Angina

- Has condition been diagnosed by a Doctor?
- Is Pain similar to a previous attacks pain?

- Consume medication as prescribed by your Doctor
- Affected must rest

- If pain persists for more than 10 minutes after taking medication consider possibility of a heart attack

Indigestion

- This is often mis-diagnosed
- If previously diagnosed with a chest problem remain alert until pain has passed

- As a precaution, consume prescribed antacids or natural antacids such as Milk

- If pain persists for more than 10 minutes after taking medication consider possibility of a heart attack

CRITICAL TIME FOR TREATING A HEART ATTACK IS WITHIN 30 MINUTES AFTER SYMPTOMS START!

Heart Attacks & Angina have similar symptoms, recognise the correct symptoms promptly & get help quickly, **A DELAY COULD BE DEADLY!!**

REMEMBER THAT...

- If you have any doubts about the situation, don't hesitate calling 000
- Not everyone experiences the same symptoms, yours could be different
- Help provide comfort, both physically and mentally
- Suspected Angina should be relieved with prescribed medication
- Medical professionals recommend chewing one 300mg tablet of aspirin while waiting for an ambulance, this can help reduce damage to the heart

CALL EMERGENCY SERVICES ON TRIPLE ZERO (000)