



Heart Attack Symptoms/Warning Signs

Classic Warning Signs

Uncomfortable pressure, fullness, squeezing or pain in the centre of the chest lasting more than a few minutes

Pain spreading to the shoulders, neck, arms or sometimes teeth

Chest discomfort with light-headedness, fainting, sweating, nausea or shortness of breath

Less Common Warning Signs

Atypical chest pain, stomach or abdominal pain

Nausea or dizziness

Shortness of breath and difficulty breathing

Unexplained anxiety, weakness or fatigue

Palpitations, cold sweat, paleness

Not all these signs occur in every attack. Sometimes they go away and return.

If some occur, seek medical advice immediately

IT TAKES JUST TWO STEPS TO HELP SAVE A LIFE

When a person suddenly collapses trained or untrained bystanders should:

1. Call 000
2. Push hard and fast in the centre of the chest until help arrives

This could mean the difference between life and death