

## Having a heart attack?

**Act now - Question later - Get to hospital fast - Delay can be fatal**

### The warning signs

- Squeezing, discomfort or pain in the centre of the chest or behind the breastbone lasting more than 10-15 minutes.
- Discomfort or pain spreading to the shoulders, neck, jaw and/or arms

### These may be accompanied by:

- Sweating, shortness of breath
- A sick feeling in the stomach
- Dizziness

**Regard these symptoms as an emergency. Do not waste vital moments**

- **Chew one aspirin** unless previously advised not to.
- If you have **anginine tablets** or **nitrolingual spray**, take it immediately under your tongue and repeat in 5 minutes if symptoms persist.
- If the symptoms last for ten minutes or more, **Dial 000, ask for an ambulance and report a possible heart attack**
- If an **ambulance is not readily available**, such as in some country areas, arrange for someone to drive you to hospital or the nearest health outpost
- **Don't wonder** it's a heart attack or indigestion, take immediate action and certainly don't wait "till the next morning or the next appointment" to see your doctor or go to hospital
- Finally, **be a winner not embarrassed** if it turns out to be indigestion or something else – Hospital staff knows the importance of assessing such symptoms.