Ensure the safety of everyone Call the ambulance on Triple Zero (000)

Possible Illness Indigestion **Heart Attack Angina** Chest Pain or "discomfort" Is the pain similar to past pain? Signs & described as dull, Often mis-diagnosed. Has the condition been heavy, constant. **Symptoms** diagnosed by a doctor? Shortness of breath. These are some of the symptoms, they may be Pain, usually in the centre Take medication Try relieving pain different. Not all warning as per doctor's advice. of the chest. signs occur in every by drinking milk or heart attack. May radiate to the jaw, Allow casualty to rest until using antacids. neck or down the arm. recovered. The most critical time for treatment of heart attack is May also feel dizzy or faint. If pain does not diminish Is the pain still the first 30 10 minutes after taking present after 10 minutes? Pale, cool, sweaty skin. minutes after prescribed medication, symptoms start. Nausea and/or vomiting. Seek help. consider a heart attack. **CALL TRIPLE ZERO (000) IMMEDIATELY** What to do

Make the casualty comfortable, usually sitting, monitor and reassure whilst waiting for help. You may be directed by the ambulance to give the casualty one 300mg chewable aspirin tablet.



