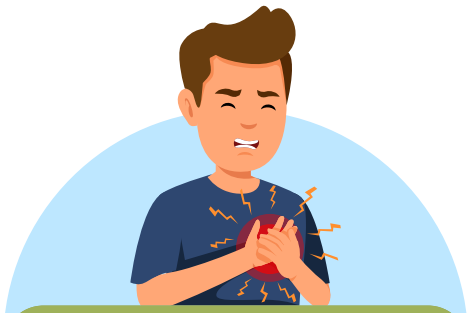
CHEST PAIN

Ensure Safety for Self & Others
Dial Triple Zero (000)
For an Ambulance



HEART ATTACK
Sudden blockage

Pain, pressure, heaviness, squeezing, tightness

In chest, neck, jaw, arm/s, back, shoulder/s

Dizzy, cold sweat, short of breath, nausea, vomiting



INDIGESTION
Digestion problems

Pain is not relieved by drinking milk or using antacids

Heart attack is often mis-diagnosed as indigestion

IF PAIN IS STILL PRESENT AFTER 10 MINUTES



ANGINA
Narrowed arteries

Previously diagnosed, yet pain is different to past pain

Take medication as prescribed
Rest until recovered

IF PAIN IS STILL PRESENT AFTER 10 MINUTES

CALL TRIPLE ZERO (000) IMMEDIATELY

KEEP CASUALTY STILL - COMFORT - MONITOR - BE PREPARED FOR CPR - SEND FOR DEFIBRILLATOR

Call 000 if symptoms persist after 10 minutes, even if previously diagnosed with angina.

Give the casualty **aspirin (300mg)** unless they are allergic or have a bleeding disorder.

Please note:
Heart attack may be overlooked as angina or indigestion.
These are some of the symptoms, there may be others.
Not all heart attacks are accompanied by pain.
Some casualties simply look and feel unwell.

HAZARD = LIFE-THREATENING MEDICAL EMERGENCY

RISK = PERMANENT HEART DAMAGE, DEATH

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