

HEART ATTACK?

**FIGHT
FOR EVERY
HEARTBEAT**
bhf.org.uk

know these signs
and symptoms

heart attack... the facts

- over 1.5 million people in the UK have had a heart attack
- too many people risk their lives by waiting too long to call for an ambulance

think quick... act fast
call 999 immediately

signs and symptoms vary

It's important to remember that the symptoms of a heart attack can vary from one person to another.



Signs and symptoms can range from:

- Pain or discomfort in your chest that doesn't go away
- The pain may spread to your left or right arm
- The pain may spread to your neck or jaw
- You may feel sick or short of breath

You may also:

- Feel sweaty or clammy
- Feel light headed or dizzy
- Look paler than normal



if you or anyone else experiences any of these symptoms, don't ignore them

call 999 for an ambulance immediately



The sooner you call 999 for an ambulance, the quicker you'll get emergency treatment that could save your life and your heart muscle.

**think quick... act fast
call 999 immediately**

When someone has a heart attack their life can be at risk, so it's vital that they or someone around them acts quickly.

If you're having a heart attack the sooner you phone **999** for an ambulance the sooner you'll receive emergency treatment that could save your life and limit the damage to your heart muscle.

**don't delay
call 999 immediately
it could save your life**



The British Heart Foundation's (BHF) Chest Pain Programme aims to raise awareness of the symptoms of a heart attack, and to encourage people to call **999** immediately if they experience these symptoms or see the signs in other people. For information on the Chest Pain Programme, email [**chestpain@bhf.org.uk**](mailto:chestpain@bhf.org.uk)