

Listen to your heart



Do you know the signs and symptoms of a heart attack?

Early signs of a heart attack



Chest pain - a feeling of pressure, heaviness, tightness or squeezing across your chest.



Upper body pain - spreads from your chest to your arms, jaw, neck, back and tummy.



Feeling light headed or dizzy, uneasy, sick, sweaty or short of breath.

You might experience just one or more of these symptoms. Every body is different, if you feel something that is unusual, act straightaway.

Research has shown that women may be less likely to seek medical help quickly. Early treatment is essential to limit the amount of damage to the heart.

You should:

- call 999 for an ambulance
- chew 300mg aspirin if you have it and you're not allergic
- sit down, stay calm and wait for help to arrive



**Buckinghamshire
Council**

Scan the **QR code** for more information and advice on how to lower your risk of heart disease



[buckinghamshire.gov.uk/queen-of-hearts-bucks](https://www.buckinghamshire.gov.uk/queen-of-hearts-bucks)