HEART ATTACK
• A heart attack is a medical emergency.

• Call ambulance immediately if person is having symptoms of heart attack.

• Symptoms of heart attack- Chest pain /Cold sweat/Lightheadedness.
First Aid

• Have the person sit down, rest, and try to keep calm.
• Loosen any tight clothing.
• Ask if the person takes any chest pain medicine, such as nitroglycerin, for a known heart condition, and help them take it.
• If the pain does not go away promptly with rest or within 3 minutes of taking nitroglycerin, call for emergency medical help.
• If the person is unconscious and unresponsive, call ambulance, then begin CPR.
DO NOT

• Do NOT leave the person alone except to call for help, if necessary.

• Do NOT allow the person to deny the symptoms and convince you not to call for emergency help.

• Do NOT wait to see if the symptoms go away.

• Do NOT give the person anything by mouth unless a heart medicine (such as nitroglycerin) has been prescribed.