

Spreading the News



May 2022



NHS England Heart Attack Campaign



Heart Attacks ...



What to look out for ...



What to do ...



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Heart Attacks ...



- Heart Attack causes the death of someone every 4 minutes



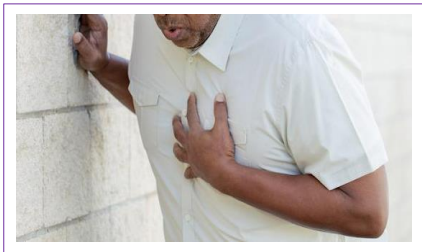
- Let's be aware



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What to look out for ...



- Chest pain – tightness or squeezing across your chest, in your arm



- Just a feeling ... something not quite right



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What to do ...



- If you are worried about any signs of a Heart Attack



- Call 999 quickly and tell the operator



Don't ignore the signs of a heart attack



If you have any signs of a heart attack you must call 999 as soon as they start.



Signs of a heart attack could be:

- a tightness across the chest
- a feeling that something is not quite right



If you are worried about any signs of a heart attack, call 999 quickly and tell the operator.

Find out more at
[nhs.uk/heartattack](https://www.nhs.uk/heartattack)



Help us
help you