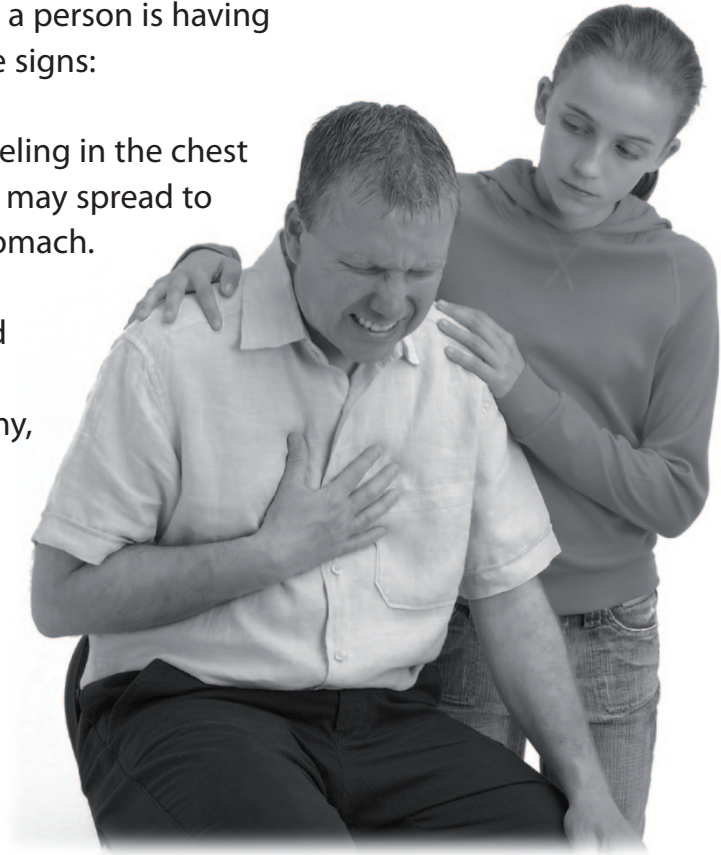


What should I do if...

I think a person is having a heart attack?

- 1 You need to be able to tell when a person is having a heart attack. Look out for these signs:
 - A pain, discomfort, or heavy feeling in the chest that doesn't go away. The pain may spread to the arms, neck, jaw, back or stomach.
 - Being short of breath.
 - They may also feel lightheaded or dizzy, and feel (or be) sick.
 - They may feel sweaty or clammy, and look paler than normal.



- 2 Get them to sit down. Keep them calm. Don't give them anything to eat or drink.
- 3 Call 999 or 112 and ask for an ambulance.

