

What to do in Case of Heart Attack

Anyone can have a heart attack, but the risk is higher if you have diabetes, high blood pressure or high cholesterol, are overweight or have a family history of heart disease.

Symptoms to Watch Out



Pain in chest, neck, jaw, shoulder



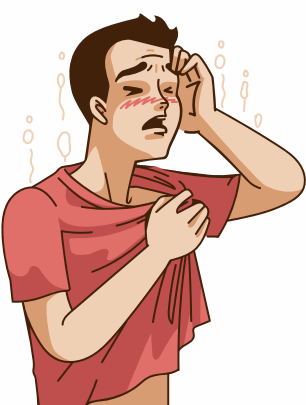
Left arm pain



Shortness of breath or rapid heartbeat



Fatigue



Cold sweat



Nausea or lightheaded

How to Respond

- Alert someone nearby immediately
- Stay calm, do not panic, lie down & loosen clothes
- Swallow aspirin if not allergic to it
- Do not wait to see if symptoms go away
- Call Cardiac Ambulance & explain the symptoms
- Do not drive yourself

Often, a heart issue is mistaken for heartburn or gastric issue, and delay could lead to serious consequences & delayed treatment.