**Warning Signs Action Plan**

**Do you feel any**
- pain
- pressure
- heaviness
- tightness

**In one or more of your**
- chest
- neck
- jaw
- arm/s
- back
- shoulder/s

**You may also feel**
- nauseous
- a cold sweat
- dizzy
- short of breath

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**Yes**

1. **STOP** and rest now

2. **TALK** tell someone how you feel

   - **If you take angina medicine**
     - Take a dose of your medicine.
     - Wait 5 minutes. Still have symptoms? Take another dose of your medicine.
     - Wait 5 minutes. Symptoms won’t go away?

   - **Are your symptoms severe or getting worse?**
     - **Have your symptoms lasted 10 minutes?**

   - **Yes**

3. **CALL 000** Triple Zero

   - Ask for an ambulance.
   - Don’t hang up.
   - Wait for the operator’s instructions.

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