

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