

HEART ATTACK

Dr. S. N. Medical College, Jodhpur

- A heart attack is a medical emergency.
- Call ambulance immediately if person is having symptoms of heart attack.
- Symptoms of heart attack- **Chest pain /Cold sweat/Lightheadedness.**

First Aid

- Have the person sit down, rest, and try to keep calm.
- Loosen any tight clothing.
- Ask if the person takes any chest pain medicine, such as nitroglycerin, for a known heart condition, and help them take it.
- If the pain does not go away promptly with rest or within 3 minutes of taking nitroglycerin, call for emergency medical help.
- If the person is unconscious and unresponsive, call ambulance, then begin CPR.

DO NOT

- Do NOT leave the person alone except to call for help, if necessary.
- Do NOT allow the person to deny the symptoms and convince you not to call for emergency help.
- Do NOT wait to see if the symptoms go away.
- Do NOT give the person anything by mouth unless a heart medicine (such as nitroglycerin) has been prescribed.