

Is it a heart attack or cardiac arrest?

Circulation HEART ATTACK



A blockage or narrowing of the coronary artery, cuts off or reduces blood flow to the heart, causing damage due to lack of oxygen.

SYMPTOMS may occur **HOURS OR DAYS BEFORE** symptoms are recognised

Chest Pain Fatigue Weakness Nausea Difficulty Breathing

IF YOU SUSPECT A HEART ATTACK CALL 000 IN AUSTRALIA OR 111 IN NEW ZEALAND

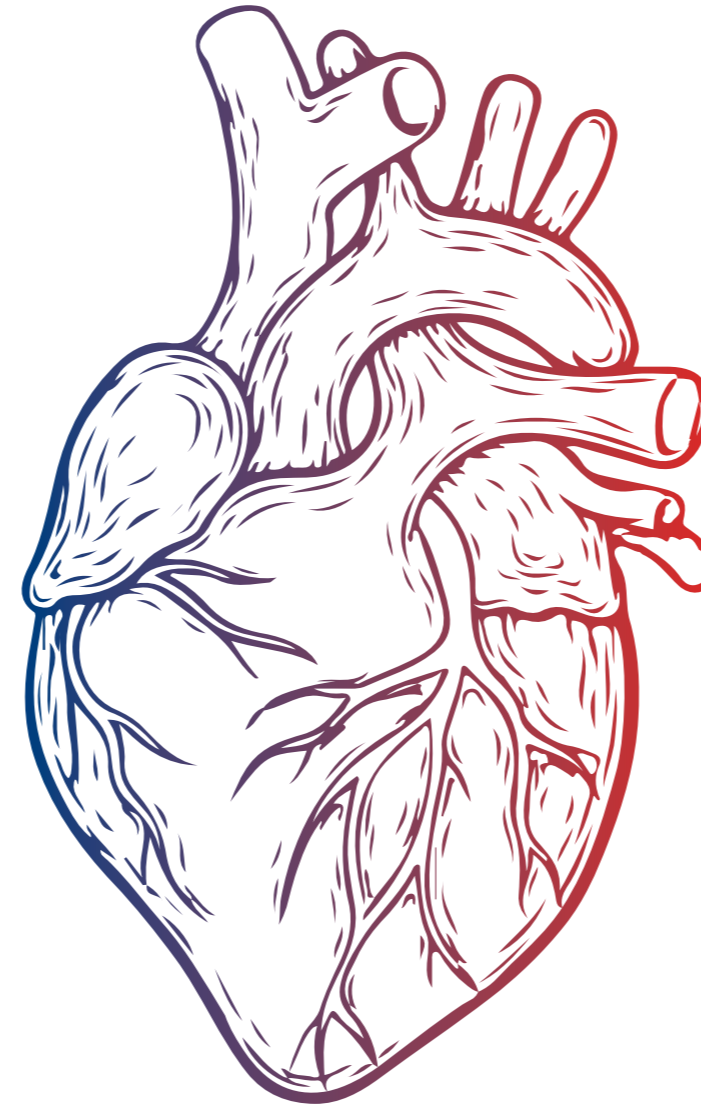
If you think someone may be having a heart attack, regard this as an emergency. Don't waste vital moments. Rather than going to a doctor's clinic, take these steps:

Call 000 or 111 and ask for an Ambulance Service and report a possible heart attack.

Give the person an aspirin if you have any, unless the person has been advised not to take this particular medication.

Make sure they **rest quietly** while you wait for transport or an ambulance.

If an ambulance is not readily available (for example, in some rural areas), quickly notify the nearest hospital, health clinic or the person's usual doctor for advice.



Electrical CARDIAC ARREST



The heart stops beating abruptly, either from a malfunction in the heart's electrical system or a sudden change in the circulatory system.

SYMPTOMS may occur **MOMENTS BEFORE** loss of consciousness & collapse

Collapse Unconscious Not Breathing No Pulse

IF YOU SUSPECT A CARDIAC ARREST CALL 000 IN AUSTRALIA OR 111 IN NEW ZEALAND

Make sure it is safe before approaching. **Check** for any response from the victim. Tilt the head back, lift the chin and check breathing.

If breathing is absent or not normal, **CPR** is needed: Place both hands in the centre of the chest and compress to the rhythm of "Stayin' Alive"
If you know how, provide two rescue breaths between every 30 compression, otherwise push the chest continuously
Push hard. Don't worry, you can't do any harm.

If someone is there to help, ask them to call 000 or 111, and fetch an **AED** if possible. If an AED arrives, switch it on immediately and follow the instructions.

**TAKE ACTION UNTIL HELP ARRIVES.
EVERY MINUTE MATTERS!**

Whether you suspect it's cardiac arrest or a heart attack, the first step is always to call 000 in Australia or 111 in New Zealand.