



If you think you are having a
Heart Attack
Don't hesitate
DIAL 999 NOW

If in doubt, contact
NHS Direct 0845 4647

Symptoms of a Heart Attack

- Chest pain / chest discomfort
- Pain may spread to arms or legs
- Pale skin / cold sweat
- Feeling off / being sick
- Difficulty in breathing



When **Stroke** strikes

Act **FAST**

If in doubt, contact
NHS Direct on 0845 4647

The F.A.S.T Test

Face – has their face fallen on one side? Can they smile

Arms – Can they raise both arms and keep them there?

Speech – Is their speech slurred?

Time to call **999** – if you see any single one of these signs.