



# WHAT TO DO WHEN SOMEONE IS HAVING A HEART ATTACK

## 1. Call 999/112 for emergency help

- Tell them you suspect a heart attack



## 2. Sit them down

- Comfortably, with knees bent



## 3. Give them aspirin

- 300mg dose to chew.\*

\*Do not give aspirin if the person is under 16 or allergic.  
Help them use their angina medication if they have it.



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