

Ask me 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.



5. 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.

