



Ambulance Service of New South Wales

media release

17 April 2007

“Every Minute Counts”

This year Heart Week is from 29 April – 5 May. For 2007 the theme set by the National Heart Foundation is:

Heart attack – every minute counts.

It is important to raise public awareness on the signs and symptoms of a heart attack and Ambulance would like to take this opportunity to highlight these symptoms:

- Any unusual tightness or pain in the chest such as crushing pain or stabbing pain
- Radiating pain into the neck, jaw, back or arms
- Anxious feeling or fast or slow heart beat
- Trouble breathing or frothy spit
- Pale or grey skin tone or sweating
- Feeling unwell or nauseous
- An urgent desire to go to the toilet and open the bowel

Don't ignore any of these signs or symptoms, especially if they are not usual for the patient. **Call Triple Zero immediately and ask for AMBULANCE.**

Do not drive yourself or the patient to hospital as you can put yourself or others in danger. The Ambulance Call Taker can provide first-aid instruction over the phone until the ambulance arrives.

If you are over the age of 55 and belong to a community group, you may like to consider participating in the 'LIFE...Live it Save it' program – a free self-learning program designed to educate retiree groups on medical emergencies.

Ambulance strongly recommends you enrol in a first-aid course with an accredited provider and learn CPR. It may save a life – even yours!

~ ENDS ~

For further information or local media opportunities please contact Ambulance Media on (02) 9320-7796.