

HEART ATTACK vs STROKE

Spot the warning signs. Act immediately.

SUSPECT EITHER? CALL 112

India emergency number • Ask for an ambulance. Do not drive yourself.

01 HEART ATTACK

Blood supply to heart muscle is blocked.

Watch for new or unexplained:

- ☐ **Chest pressure or discomfort**
Tightness, squeezing, heaviness or pain.
- ☐ **Upper-body discomfort**
One or both arms, jaw, neck, back or upper abdomen.
- ☐ **Shortness of breath**
With or without chest discomfort.
- ☐ **Cold sweat, nausea or lightheadedness**

Chest pain may be mild or absent.
Do not dismiss symptoms as “gas”.

02 STROKE

A brain blood vessel is blocked or bleeds.

SUDDEN symptoms: B.E. F.A.S.T.

- ☐ **B • Balance** - new loss of balance or trouble walking.
- ☐ **E • Eyes** - vision loss or double vision.
- ☐ **F • Face** - uneven smile or one-sided droop.
- ☐ **A • Arms** - one arm weak or numb; drifts down when both are raised.
- ☐ **S • Speech** - slurred words, difficulty speaking or understanding.

T • Time to call 112 - even if it passes.
Also: sudden severe unexplained headache or one-sided leg weakness / numbness.

ONE WARNING SIGN CAN BE ENOUGH.

This is a recognition aid, not a test to rule out either emergency.

WHILE HELP IS ON THE WAY

- ☐ **Note the time:** when symptoms started; for stroke, when last completely normal.
- ☐ **Stay with them.** Keep them resting. Do not let them walk around.
- ☐ **Possible stroke:** no food, drink or tablets by mouth. Do not give aspirin.

Possible heart attack: call first; take aspirin only if the emergency operator or clinician advises it. If stroke is possible or you are unsure, do not self-administer aspirin.

COLLAPSED ADULT + UNRESPONSIVE + NOT BREATHING NORMALLY?

Call 112 on speaker. Start chest compressions: hard and fast in the centre of the chest (100-120/min). Use an AED if available and follow its prompts.