Heart Foundation

E le fa'apea e tiga lou fatafata i taimi uma e oso ai lou ma'i fatu.
O lou silafia ma malamalama i auga ma fa'ailoilo uma, e ono fa'asaoina ai lou soifua.

O e fa'alogoina

se tiga | pei e 'omia | foliga e mamafa | pei e fufusi

Le itu e tasi po'o vaega uma o lou

fatafata | ua | 'auvae | ou lima | tua | ou tau'au

atonu o lo'o e lagonaina fo'i

lou fia pua'i | afu malulu | niniva | tau le mafai na manava

IOE

1 TAOFI 'uma au mea o fai ae malolo

2 TALANOA Ta'u i se isi tulaga o lo'o e fa'alogoina

Afai o inu ni au fuala'au mo ma'i tau le fatu

- Fai nei loa sau inumaga
- Fa'atali mo se 5 minute. O tumau pea auga? Toe fai se isi inumaga.
- Fa'atali mo se 5 minute. E le o te'a 'ese lava auga?

O tuga tele auga pe ua fa'asolo ina fa'atetele?

pe

Ua sili atu i le 10 minute talu ona lagona auga?

IOE

3 Vili le 000

• Fesili mo le ta'avale a le falema'i • Aua e te alu 'ese ma le telefoni • Fa'atali mo fa'atonuga mai i le o lo'o talanoa mai le telefoni. • Lamulamu le 300 milikalama o le fuala'au o le asipuligi, se'i vagana e te afaina i lea fuala'au, pe na fa'atonina fo'i oe e lau foma'i e 'aua le inuina.

Afai ua tuga tele ma fa'asolo ina fa'atetele auga pe ua sili atu fo'i i le 10 minute o lagona pea ia auga, vili loa 000. Tusa pe ua e logoina au uō ma lou aiga. 'Aua fo'i ne'i e fa'atali se'i aulia le taeao ona e alu lea e va'ai lau foma'i.

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A heart attack isn't always chest pain. Knowing the full range of warning signs could save your life.

Do you feel any

pain | pressure | heaviness | tightness

In one or more of your

chest | neck | jaw | arm/s | back | shoulder/s

You may also feel

nauseous | a cold sweat | dizzy | short of breath

YES

1 STOP and rest now

2 TALK Tell someone how you feel

If you take angina medicine

- Take a dose of your medicine.
- Wait 5 minutes. Still have symptoms? Take another dose of your medicine.
- Wait 5 minutes. Symptoms won't go away?

Are your symptoms severe or getting worse?

or

Have your symptoms lasted 10 minutes?

YES

3 CALL 000 Triple Zero

• Ask for an ambulance. • Don't hang up. • Wait for the operator's instructions.

If your symptoms are severe, getting worse or last longer than 10 minutes, call Triple Zero (000). Telling friends or family is not enough. Nor is waiting until the morning to see your doctor.

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