

What to do in case of heart attack

A heart attack is a medical emergency that requires prompt attention. Results from the obstruction of blood flow to a portion of the heart muscles, usually caused by a blood clot, lead to symptoms such as sudden collapse, absence of pulse, loss of consciousness, chest discomfort, shortness of breath, and a rapid, fluttering, or pounding heartbeat. Recognizing these signs and taking quick action can significantly increase the chances of survival and reduce long-term damage to the heart.

Here is what to do if you suspect you are having a heart attack:

- **Rest and stay calm:** Sit down and try to stay as calm as possible. Stress and panic can worsen the situation.
- **Chew Aspirin:** If you are not allergic to aspirin and it has not been contraindicated by your doctor, chew a regular aspirin (not enteric-coated) while waiting for an ambulance. Aspirin can help to thin the blood and improve blood flow to the heart.
- **Do not drive yourself** your condition can worsen and put you at risk. If you can't get an ambulance or emergency vehicle to come to you, have a neighbor or a friend drive you to the nearest hospital.
- **Avoid delaying treatment:** Even if you are uncertain about whether the symptoms indicate a heart attack, it is better to seek medical help immediately on the side of caution. **Dial 102 for an ambulance**

Guide on how to help someone experiencing a heart attack:

- **Stay Calm:** Try to keep the person calm as well. Stress can worsen the situation. Help the person sit down and make them as comfortable as possible.
- **Chew or take aspirin:** If the person is not allergic to aspirin, have them chew one regular strength. Aspirin can help thin the blood and improve blood flow to the heart.
- **Perform [CPR](#) (if necessary):** If the person becomes unresponsive and stops breathing, you may need to perform [CPR](#) if you are trained to do so.
- **Call for ambulance 102** and explain the situation so that the ambulance comes prepared and begins treatment immediately.

Remember, time is crucial during a heart attack. Getting medical help quickly can make a significant difference in the outcome. It is always better to seek emergency care and have medical professionals evaluate the situation. If you have a known risk of heart disease, discuss the signs and symptoms of a heart attack with your healthcare provider so that you are better prepared to act in case of an emergency.

To know more:

- [Emergency Contact Numbers](#)

Your Health, Your Responsibility

Patients for Patient Safety Foundation

www.patientsforpatientsafety.in

UIN - 7.4 WB