

# How to spot the difference between a heart attack and cardiac arrest

## Heart attack



The person will usually be **conscious** and may experience symptoms including chest pain, dizziness, and shortness of breath.

If you think someone is having a heart attack, call 999 immediately.

## Cardiac arrest



The person will be **unconscious** and not breathing, or not breathing normally. The faster you act, the better their chances of survival.

If you think someone is having a cardiac arrest, call 999 and start CPR immediately.

It's never too early to call 999 and describe your symptoms.

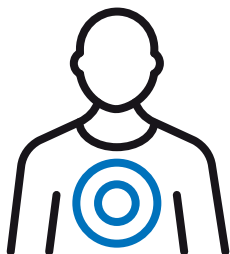
Visit [nhs.uk/heartattack](https://www.nhs.uk/heartattack) for more information.



North London  
Cardiac Operational Delivery Network

# Heart attack

## Early signs of a heart attack



Chest pain — feeling of pressure, heaviness, tightness or squeezing across your chest

Pain that spreads from your chest to your arms, jaw, neck, back and tummy



Feeling light-headed or dizzy, uneasy, sick, sweaty, or short of breath



A heart attack is a medical emergency.

If you think you or someone else may be having a heart attack, don't delay. Call 999 immediately.

**NHS**

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