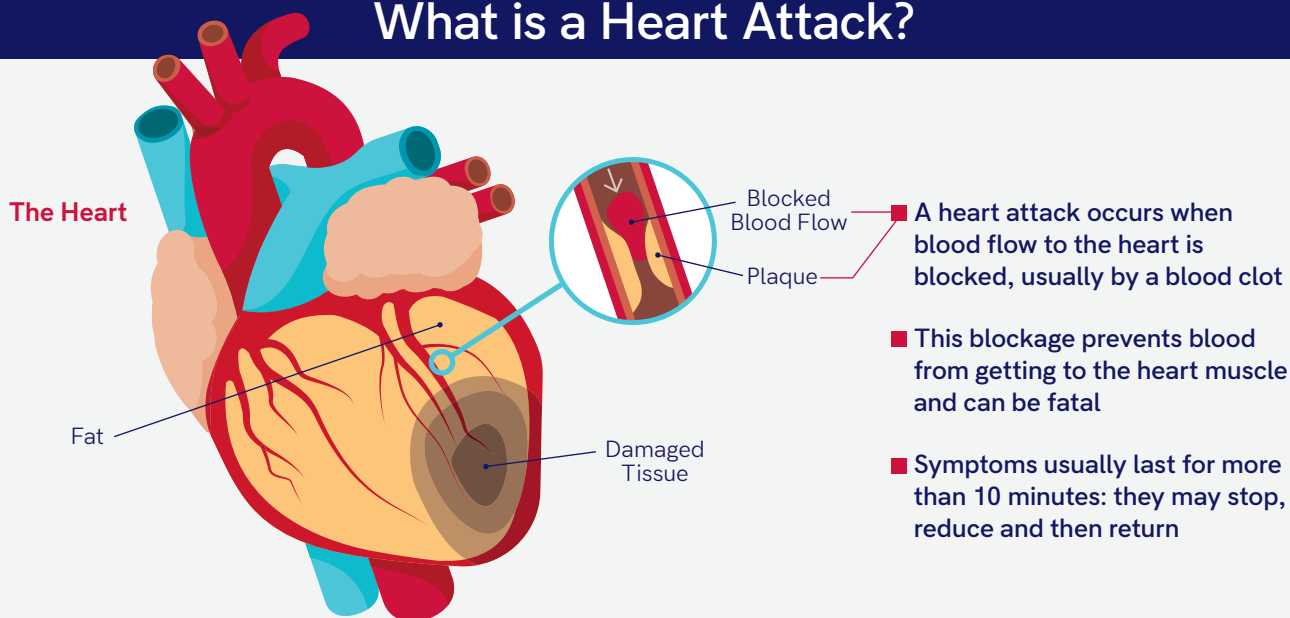


# Heart Attack at Sea

## What is a Heart Attack?



## Signs and Symptoms

Common symptoms are:

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- Feeling light-headed or dizzy
  - Pain (cannot be specified where) or tightness that can spread to shoulders, neck or arms (especially the left arm), the jaw or throat
  - Nausea
  - Sweating, reddening of face
  - Breathlessness
  - Feeling of pressure or tightness in the centre of the chest (patient usually clutching their chest)
  - Pain in middle abdomen

## Action Plan – This is an Emergency

**Call your designated telemedicine provider or RCC (Rescue Co-ordination Centre)**

Also do the following:

- Record details of patient's vitals and list symptoms: such as temperature, heart rate, etc.
- Stop patient's activity and rest them, either sitting or lying down
- Orally administer an aspirin immediately (300mg, one tablet), and then daily thereafter
- If breathless then sit them up
- If in medical store administer Glyceryl Trinitrate, when giving aspirin make sure to wait 5 seconds between supplying different medication
- Restrict patient to light diet and fluids such as soup, water, etc.