

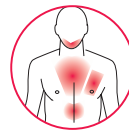
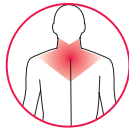


KNOW THE SYMPTOMS
CALL 144

What to do in an emergency

Heart attack, stroke and cardiac arrest are the most common emergencies in Switzerland – more than 50 000 cases a year.

The aim of the Swiss Heart Foundation's HELP life-saving programme is to make sure people in Switzerland are familiar with the symptoms of a cardiac or cerebral emergency, so that they can immediately call the **emergency number 144** and save lives.



Symptoms of heart attack

- feeling of intense pressure, squeezing or tightness and crushing or burning pain in the chest (lasting longer than 15 minutes), often combined with shortness of breath and fear of dying
- pain sometimes radiating throughout the entire chest, into both shoulders, arms, neck, lower jaw or upper abdomen
- possible accompanying symptoms are a pale or ashen face, nausea, weakness, sweating, shortness of breath, irregular pulse
- the pain is independent of movement or breathing and is not alleviated by nitroglycerin medication

In women, diabetics and elderly patients the following symptoms can be the sole warning signs: shortness of breath, unexplained nausea and vomiting, sensation of pressure in the chest, back or abdomen.

Symptoms of stroke

- sudden paralysis, numbness or weakness, usually on only one side of the body (face, arm or leg)
- sudden blindness (often only in one eye) or double vision
- difficulty speaking or understanding what is being said
- intense dizziness with inability to walk
- sudden, unaccustomed, intense headache

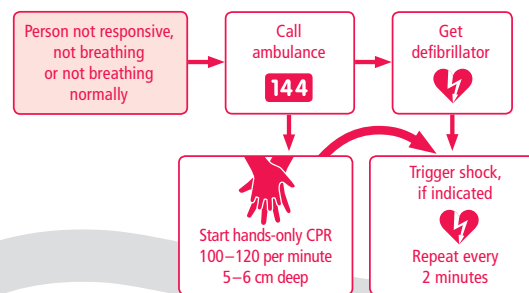
What to do in a heart attack or stroke – every minute counts!

- Immediately call the **emergency number 144** (the local emergency number if abroad) and ask to have the patient taken to the nearest hospital with a stroke centre or stroke unit specialising in the treatment of stroke patients.
- Give the address (location), name and age of the patient.
- Lie the stroke patient flat on his or her back or the heart attack patient with the upper body slightly raised on a hard surface or on the floor.
- Undo tight-fitting clothes, tie or bra.
- At night, switch on the lights in the apartment, the stairwell and at the front door. Ask a neighbour to direct the ambulance, while you stay with the patient for reassurance.

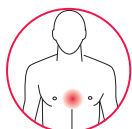
Symptoms of cardiac arrest

- the victim falls to the ground or slumps in a chair
- no response when spoken to in a loud voice and shaken
- no breathing

The vital steps if a person does not respond when spoken to or shaken:



People experienced in First Aid are recommended to administer both chest compressions and rescue breaths (ratio of 30:2).



Every minute counts in an emergency!

It is important to locate the correct compression point for cardiopulmonary resuscitation: in the centre of the chest, lower half of breastbone, press to a depth of 5 to 6 cm.