



## Chest pain

Most chest pain is not a sign of anything serious but you should get medical advice just in case. Get immediate medical help if you think you're having a heart attack.

### Call 999 if:

You have sudden chest pain that:

- spreads to your arms, back, neck or jaw
- makes your chest feel tight or heavy
- also started with shortness of breath, sweating and feeling or being sick
- lasts more than 15 minutes

You could be having a heart attack. Call 999 immediately as you need immediate treatment in hospital.

### See a GP if:

- you have chest pain that comes and goes
- you have chest pain that goes away quickly but you're still worried

It's important to get medical advice to make sure it's nothing serious.