

Go straight to reception now if you have:

- **signs of a heart attack**
pain like a very tight band, heavy weight or squeezing in the centre of your chest
- **signs of a stroke**
face drooping on one side, can't hold both arms up, difficulty speaking
- **severe difficulty breathing**
not being able to get words out, choking or gasping
- **heavy bleeding**
spraying, or pouring, or enough to make a puddle
- **sudden, rapid swelling**
of the eyes, lips, mouth, throat or tongue
- **a feeling like you're about to collapse**
fainting or blackout