

Let's say it's 6.15pm and you're driving home (alone of course) after an unusually hard day on the job. You're really tired, and frustrated.....



YOU ARE REALLY STRESSED AND  
UPSET ....

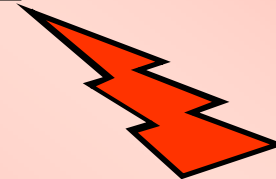
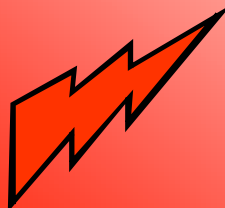
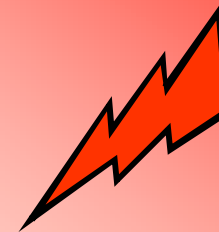
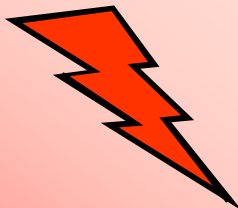


Suddenly you start experiencing **severe pain** in  
your chest that starts to radiate out into your  
arm and up into your jaw.  
You are only five miles from the hospital nearest  
your home.  
Unfortunately you don't know if you'll be able to  
make it that far

WHAT TO DO ???

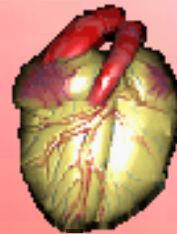


**YOU HAVE BEEN TRAINED IN  
CPR, BUT THE GUY THAT  
CONDUCTED THE COURSE DID  
NOT TELL YOU HOW TO  
PERFORM IT ON YOURSELF !!!**



## HOW TO SURVIVE A HEART ATTACK WHEN ALONE?

SINCE MANY PEOPLE ARE ALONE WHEN THEY  
SUFFER A HEART ATTACK, WITHOUT HELP, THE  
PERSON WHOSE HEART IS BEATING  
IMPROPERLY AND WHO BEGINS TO FEEL FAINT,  
HAS ONLY ABOUT 10 SECONDS LEFT BEFORE  
LOSING CONSCIOUS



WHAT TO DO ??

**ANSWER:**

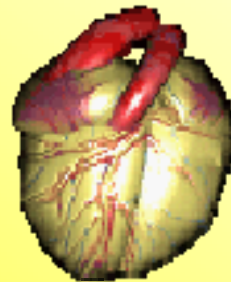
**DO NOT PANIC, BUT START COUGHING  
REPEATEDLY AND VERY VIGOROUSLY.**



**A DEEP BREATH SHOULD BE TAKEN BEFORE EACH  
COUGH, THE COUGH MUST BE DEEP AND  
PROLONGED, AS WHEN PRODUCING SPUTUM  
FROM DEEP INSIDE THE CHEST.**

**A BREATH AND A COUGH MUST BE REPEATED  
ABOUT EVERY TWO SECONDS WITHOUT LET-UP  
UNTIL HELP ARRIVES, OR UNTIL THE HEART IS  
FELT TO BE BEATING NORMALLY AGAIN.**

DEEP BREATHS GET **OXYGEN** INTO THE LUNGS AND COUGHING MOVEMENTS SQUEEZE THE HEART AND KEEP THE BLOOD **CIRCULATING**. THE SQUEEZING PRESSURE ON THE HEART ALSO HELPS IT REGAIN NORMAL RHYTHM. IN THIS WAY, HEART ATTACK VICTIMS CAN GET TO A HOSPITAL



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TELL AS MANY OTHER PEOPLE AS POSSIBLE  
ABOUT THIS.

IT COULD SAVE THEIR LIVES !!! DON'T EVER  
THINK THAT YOU ARE NOT PRONE TO HEART  
ATTACK AS YOUR AGE IS LESS THAN 25 OR  
30. NOWADAYS DUE TO THE CHANGE IN THE  
LIFE STYLE, HEARTATTACK IS FOUND AMONG  
PEOPLE OF ALL AGE GROUPS.

**BE A FRIEND AND PLEASE SEND THIS  
ARTICLE TO AS MANY FRIENDS AS  
POSSIBLE**

