If you have chest pain

Use these steps when chest pain is new, severe or unexplained.

- [ ] Call 911 or your local emergency number for new, severe or unexplained chest pain.
- [ ] Stop activity while waiting for help.
- [ ] Do not wait to see whether the pain goes away.
- [ ] Watch for pain in the arm, back, neck, jaw or stomach.
- [ ] Watch for shortness of breath, cold sweat, nausea or lightheadedness.
- [ ] Tell the emergency team about past panic attacks, heart conditions and medicines.
- [ ] Ask for a written summary of any test results.
- [ ] Book a visit about anxiety once the heart has been checked.
- [ ] Call or text 988 in the US if you feel unsafe or have thoughts of suicide.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/mental-health/anxiety-chest-pain/