

## Danger Signs

If you experience any of the following symptoms when you are exercising, stop and call 000:

- Chest pain or pain radiating up into your jaw or down your left arm.
- Feeling faint.
- Extreme shortness of breath.

If you experience any of the following symptoms when you are exercising, stop and rest immediately:

- Dizziness.
- Excessive wheezing.
- Extreme pain.
- Coughing up blood.
- Palpitations.
- Blurred vision.
- Nausea.
- Feeling of palpitations or a racing heart.

None of these symptoms are normal and should prompt you to seek medical attention.

*NB. If you have diabetes, heart failure, asthma, angina or any other diseases that may affect your ability to exercise discuss these with your health professional to ensure you know the danger signs related to your condition.*