

HOW TO

RECOGNISE



THE SIGNS OF ATRIAL FIBRILLATION

Atrial fibrillation (AF, AFib) is a condition where your heart beats with an irregular or abnormal rhythm.¹

The symptoms of AF can be similar to those of other conditions, so it is important you visit your doctor for a correct diagnosis.

YOU MAY HAVE AF IF YOU FEEL^{1,2}

TIRED
EXHAUSTED

FAINT
DIZZY
LIGHT-HEADED

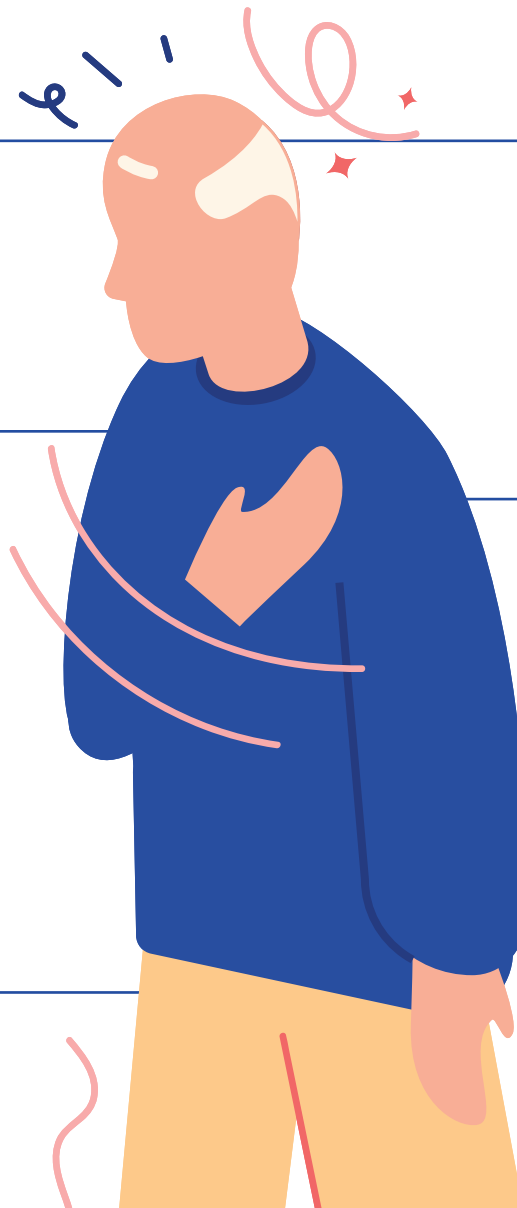
SHORT OF BREATH
CHEST PAIN

If you are having chest pain, please visit your doctor immediately as it may be a medical emergency

UNUSUAL
HEARTBEATS:

- palpitations
- murmurs
- fluttering
- very fast
- weak
- erratic

WEAKNESS



VISIT YOUR DOCTOR – ASK ABOUT AF

References: 1. Stroke Association. Atrial fibrillation. Available at <https://www.stroke.org.uk/what-is-stroke/are-you-at-risk-of-stroke/atrial-fibrillation>. Last accessed November 2020. 2. NHS. Symptoms – atrial fibrillation. April 2018. Available at <https://www.nhs.uk/conditions/atrial-fibrillation/symptoms>. Last accessed November 2020.