

# First Aid for Acid Reflux (Heartburn)

## WHAT IS REFLUX?

Acid reflux occurs when stomach acid flows back into the oesophagus, causing a burning sensation or discomfort in the chest, commonly known as heartburn.



## COMMON SIGNS AND SYMPTOMS

- Burning chest sensation
- Sour or acidic taste in the mouth
- Difficulty swallowing
- Pain worsening when lying down



## STEP-BY-STEP FIRST AID

### Step 1 Adjust Posture and Clothing

Sit upright and loosen tight clothing to help relieve pressure and ease symptoms.



### Step 2 Consider Over-the-Counter Relief

Antacids or acid-reducing medications may help if symptoms persist. Check with a doctor or pharmacist before use.



### Step 3 Choose Soothing Foods

- Eat mild, non-acidic foods like yoghurt, ginger, or watermelon
- Seek medical advice if symptoms are severe, ongoing, or recurrent

