

# First Aid for Acid Reflux



AUSTRALIAWIDE  
FIRST AID

## What is Reflux?

Reflux, or heartburn, is the feeling of pain in the chest resulting from stomach acid rising into the oesophagus.



## What Causes Reflux?

When the lower oesophagus sphincter does not tighten properly after ingesting food, it causes stomach acid to enter the oesophagus resulting in reflux.



## Signs and Symptoms of Reflux

Burning sensation in the chest; acidic or bitter taste in the mouth; difficulty swallowing; and increased pain from lying down.



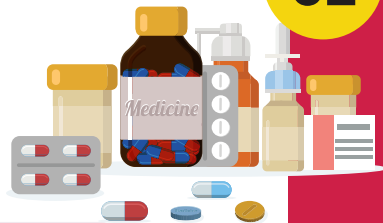
## STEP 01

Loosening your clothing and straightening your posture can alleviate some of the pain caused from reflux.



## STEP 02

Medication like antacids, H2 blockers, and proton pump inhibitors reduces the amount of stomach acid in your oesophagus. Remember to consult a doctor before taking any medication.



## STEP 03

Certain foods like, non-fat yogurt, ginger, and melons can also lower the amount of stomach acid.

