Important Information

Fill out the next two sections and put this card in your wallet with your ID. It will help emergency medical staff treat vou after vou call 9-1-1.

	es you are taking:	
Medicine	es you are allergic to:	

Health Care Provider

Name:	
Office phone:	
After-hours phone:	
	_

Person You Would Like Contacted If You Go to the Hospital

Name:_____ Home phone:

Work phone:



U.S. Department of Health and Human Services National Institutes of Health





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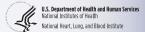


CALL









Heart Attack Warning Symptoms







Chest Pain or Discomfort

Discomfort in the center or left side of the chest that lasts more than a few minutes or goes away and comes back. May feel like pressure, squeezing, fullness, or pain. May also feel like heartburn or indigestion.

Other Upper Body Pain or Discomfort

May be felt in one or both arms, the back, shoulders, neck, jaw, or upper part of the stomach (above the belly button).

Shortness of Breath

May be the only symptom, or it may occur before or along with chest pain or discomfort. May occur when resting or during easy activities.

Other Possible Symptoms

May include breaking out in a cold sweat, feeling unusually tired, nausea, or light-headedness. Any sudden new symptom or change in usual symptoms also should be a concern.

Quick Action Can Save Your Life: Call 9-1-1

If you think you might be having heart attack symptoms or a heart attack, call 9–1–1 immediately. Don't ignore your pain or discomfort. Every minute matters when it comes to getting treatment for heart attacks.

Never delay calling 9–1–1 to take aspirin or do anything else you think might help.

If you are unable to reach 9–1–1, have someone else drive you to the hospital right away. Don't drive yourself to the hospital. You may cause a car accident.