

Heart Attack Survival Plan

Information To Share With Emergency Personnel/Hospital Staff

Medicines you are taking:

.....

.....

.....

.....

Medicines you are allergic to:

.....

.....

.....

In partnership with:



If symptoms stop completely in less than 5 minutes, you should still call your health care provider.

Phone number during office hours:

Phone number after office hours:

Person You Would Like Contacted If
You Go to the Hospital

Name:

Home phone:

Work phone:



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
National Institutes of Health
National Heart, Lung, and Blood Institute

NIH Publication No. 01-3667
September 2001

Act in Time to Heart Attack Signs



Act in Time to Heart Attack Signs

Keep this Card Handy

Complete the information on the reverse side. Keep this card in your wallet or purse. It can help save a life—maybe your own.



Act in Time To Heart Attack Signs

NATIONAL INSTITUTES OF HEALTH
NATIONAL HEART, LUNG, AND BLOOD INSTITUTE



Heart Attack Warning Signs

- ▲ **Chest Discomfort**
Uncomfortable pressure, squeezing, fullness, or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.
- ▲ **Discomfort in Other Areas of the Upper Body**
May be felt in one or both arms, the back, neck, jaw, or stomach.
- ▲ **Shortness of Breath**
Often occurs with or before chest discomfort.
- ▲ **Other Signs**
May include breaking out in a cold sweat, nausea, or light-headedness.

Fast Action Saves Lives

If you or someone you are with begins to have chest discomfort, especially with one or more of the other symptoms of a heart attack, call 9-1-1 right away. Don't wait for more than a few minutes—5 minutes at most—to call 9-1-1. If you are having symptoms and cannot call 9-1-1, have someone else drive you to the hospital right away. Never drive yourself, unless you have absolutely no other choice.



9-1-1