

## 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 you after you call 9-1-1.

Medicines you are taking:

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Medicines you are allergic to:

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## 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



National Heart  
Lung and Blood Institute



Preventing Heart Attacks and Strokes



December 2011

# HEART ATTACK

Know the symptoms.  
Take action.

## CALL



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

National Heart, Lung, and Blood Institute

## 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.