Heart Attack Survival Plan

Information To Share With Emergency Personnel/Hospital Staff

Medicines you are taking:

Medicines you are allergic to:

.....

In partnership with:

American Heart
Association.





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

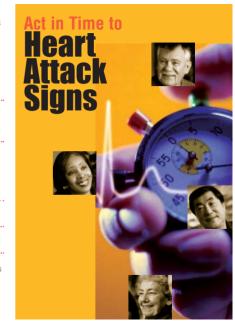
Vame:.....

Home phone:

Work phone:



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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.



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.





