



Act in Time to Heart Attack Signs

Quick Reference Heart Attack Information Card

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

This may be felt in one or both arms, the back, neck, jaw, or stomach.

▲ Shortness of Breath

May often occur 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 for help right away. Don't wait more than a few minutes—5 minutes at most—to call.

If you are having symptoms and cannot call, have someone else drive you to the hospital or clinic right away. Never drive yourself, unless you have absolutely no other choice.

Keep this Card Handy

Tear out and complete this card. Keep the information handy. It can help you save a life—maybe your own!



Heart Attack Survival Plan

Information To Share With Emergency Personnel/Hospital Staff

Medicines you are taking:

Medicines you are allergic to:

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 number:

Work phone number:
