

My Heart Attack Survival Plan

Follow the steps below to be prepared for a possible heart attack:

- Learn the heart attack warning signs.
- Think about what to do in case of a heart attack.
- Talk with family and friends about the heart attack warning signs and the importance of calling 9-1-1 (or other local emergency number).
- Talk to the doctor about my risk for a heart attack.
- Talk to the doctor about what to do if I experience any of the heart attack warning signs.
- Fill out the “My Emergency Card” and share it with my family.



Do it for yourself; do it for your family.