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:

Work phone:

In partnership with:

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