

# Pledge for Life! Session 2

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Take the pledge for life with Lola Idad. Try to do at least one of these activities by yourself, with family, and/or share the activities with others.

- Learn the heart attack warning signs.
- Talk with family and friends about the warning signs and the need to call 9–1–1 in less than 5 minutes.
- Remind your family and friends that it is better to be cautious and call 9–1–1 than be embarrassed about a false alarm.
- Talk to your doctor about your heart attack risk.
- Share your emergency card with other family members and/or friends.
- Encourage family members and friends to have their own plans and emergency cards.
- Remind your family and friends that both men and women are vulnerable to heart attack.
- Check your blood pressure and cholesterol levels regularly.
- Try to learn about your family’s history regarding risk factors associated with heart disease and cause of death.
- Other \_\_\_\_\_