

## Fast Action Saves Lives: Role Plays *(continued)*

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### Role Play 1: At Home

#### **Actor 1**

You are at home having breakfast with your spouse. You tell your spouse that you woke up not feeling well. You have a variety of warning signs, including the following:

- You feel some pressure and discomfort in your chest.
- Your arm hurts.
- You feel short of breath.
- You feel a little light-headed.

#### **Actor 2**

You look worried—you are not sure what is wrong, but your spouse looks sick. You tell your spouse you have recently heard about the signs of a heart attack and are worried that this may be the problem. You say that maybe it is best if you call 9–1–1.

#### **Actor 1**

You insist it is nothing, probably just indigestion. It will pass; you will be fine.

#### **Actor 2**

You reply by telling your spouse why it is important to call 9–1–1 right away:

- Even if you are not sure it is a heart attack, it is best to check it out.
- If it is a heart attack, fast treatment can prevent damage to the heart.
- Getting to the hospital quickly means that treatment can start right away and maybe save your life.

You call 9–1–1.

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### Role Play 2: At Work

#### **Actor 1**

You are at work one afternoon, and you see that your coworker does not look well. You ask if anything is wrong.

#### **Actor 2**

You reply that you came to work this morning not feeling quite right. You describe the warning signs:

- A heavy feeling in the center of the chest
- Difficulty catching your breath
- Feeling sick to your stomach
- Feeling light-headed
- Some pain going down the left arm

#### **Actor 1**

You say you have heard that these signs may mean a heart attack. If so, it is best to get it checked out right away at the hospital. You offer to call 9–1–1.

#### **Actor 2**

You give your coworker many reasons why this is not necessary.

- You ate a big lunch, and it's just indigestion, nothing serious.
- You don't want to cause a scene at work and get everybody worried.
- You want to wait and see if the pain goes away in a little while.
- If you went to the hospital, no one would be there to pick up your grandson from daycare.

#### **Actor 1**

You tell your coworker why it is important to call 9–1–1 right away. You make the call.

## Fast Action Saves Lives: Role Plays *(continued)*

### Role Play 3: At Night

#### **Actor 1**

You are at home one night reading a magazine when you suddenly start to feel very sick. You call your neighbor on the phone to say you are not feeling well. You describe the signs.

- You suddenly feel a very bad pain in the center of your chest.
- You are out of breath, and you are breaking out in a cold sweat.

You feel it is something bad, and you think you should drive yourself to the hospital. Will your neighbor go with you?

#### **Actor 2**

You tell your neighbor you are worried because these symptoms sound like the warning signs of a heart attack. You say in this case it is best to call 9–1–1, not to drive yourself, so you will get to the hospital safely and be treated right away.

#### **Actor 1**

You protest that you don't want to wake up the neighborhood and cause a big scene with the siren and all the lights; it's easier to drive.

#### **Actor 2**

You tell your neighbor why it is better to call the emergency service.

- Emergency personnel can start medical care right away.
- If your heart stops beating, emergency personnel can revive you.
- Heart attack patients who arrive by ambulance tend to receive faster treatment when they get to the hospital.

#### **Actor 1**

You agree that this makes sense. You ask your neighbor to call 9–1–1 for you right away and then come over to be with you.