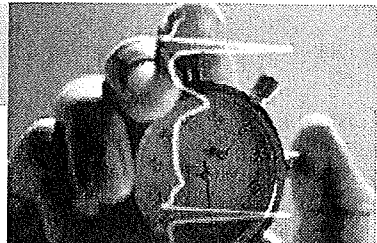


# Act in Time to Heart Attack Signs



**Keep this Card Handy**  
Complete the information on the reverse side. Keep this card in your wallet or purse. It can help save a life—maybe your own.



NATIONAL INSTITUTES OF HEALTH

## 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.



# 9-1-1

## 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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