



Act in Time to Heart Attack Signs Action Plan

Physician's Name _____

Patient's Name _____ Date _____

Heart disease is the top killer of men and women.

Learn the signs of a heart attack and the steps to take if one happens. You can save a life—maybe your own.

Treatment can stop a heart attack in its tracks.

Clot-busting drugs and other artery-opening treatments work best to stop a heart attack if given **within 1 hour** of the start of symptoms.

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**
Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- ▲ **Shortness of Breath**
Often comes with or before chest discomfort.
- ▲ **Other Signs**
May include breaking out in a cold sweat, nausea, or light-headedness.

Minutes Matter

- ▲ If you or someone else is having heart attack warning signs:

Call 9-1-1

- ▲ **Don't wait more than a few minutes—5 minutes at most—to call 9-1-1.**
- ▲ If symptoms **stop completely** in less than **5 minutes**, you should still call your health care provider.

Plan Ahead

- ▲ For your safety, fill in this action plan and keep it in a handy place.
- ▲ Learn the heart attack warning signs. Talk with family and friends about them and the need to call 9-1-1 quickly.
- ▲ Talk with your health care provider about your risk factors for heart attack—and how to reduce them.

Information To Share With Emergency Medical 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 number: _____

Work phone number: _____

