



Act in Time to Heart Attack Signs

**ACTION PLAN**

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 an Ambulance!**

**Don't wait more than a few minutes - 5 minutes at most - to call for professional help.**

- 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 for help quickly.
- Talk with your health care provider about your risk factors for heart attack - and how to reduce them.

**Person you would like contacted if you go to the hospital**

Name:

Home phone number:

Work phone number:

**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, which is:

Phone number during office hours:

Phone number after office hours:

Physician's Name	Patient's Name	Date
<input type="text"/>	<input type="text"/>	<input type="text"/>

