As I got up out of the tub I started to have trouble breathing…I didn’t think this was what a heart attack would be like. Luckily, my son called 9-1-1 so quickly that my heart wasn’t damaged.

**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**
This may be felt in one or both arms, the back, neck, jaw, or stomach.

▲ **Shortness of Breath**
May 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 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.

**Information To Share With Emergency Personnel/Hospital Staff**

Medicines you are taking:

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Medicines you are allergic to:

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If symptoms stop completely in less than 5 minutes, you should still call your health care provider.

Phone number during office hours:

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Phone number after office hours:

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**Person You Would Like Contacted If You Go to the Hospital**

Name:

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Home phone number:

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Work phone number:

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**Keep this Card Handy**
Tear out and complete this card. Keep the information handy. It can help you save a life—maybe your own!