

## Heart Attack Survival Plan



Information for ambulance and hospital staff: My medicines & specific instructions from my health care provider:

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Medicines I'm allergic to:

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## Important Contact Information



Health care provider phone number during office hours:

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Phone number after office hours:

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Person to contact if I go to the hospital:

Name: \_\_\_\_\_

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Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_



## Heart Attack Warning Signs Wallet Card



Web Sites:  
[www.QMO.amedd.army.mil](http://www.QMO.amedd.army.mil)  
[www.OQP.med.va.gov](http://www.OQP.med.va.gov)

## Heart Attack Warning Signs



- ✓ Uncomfortable pressure, fullness, squeezing or pain anywhere in the chest lasting more than a few minutes
- ✓ Pain spreading to the shoulder, neck, in one or both arms, stomach or back
- ✓ Chest discomfort with lightheadedness, fainting, sweating, nausea, vomiting, or shortness of breath
- ✓ Chest discomfort with a feeling of doom or imminent death

***Besides symptoms common to men, women may have other symptoms:***

- ✓ Shortness of breath without chest pain
- ✓ Pain in lower part of chest
- ✓ Fatigue

## If you have any of these warning signs for heart attack:



- ✓ Don't delay
- ✓ Call 911 Immediately
- ✓ Take 1 regular aspirin unless you're allergic to aspirin
- ✓ Tell the ambulance driver that you are having chest pain

**Driving to the hospital yourself  
can delay care! It's too  
dangerous for you  
and other drivers.**

## Act In Time:



Keep this card handy. Complete the information on the reverse side. Keep this card in your wallet or purse at all times. It can help save a life - maybe your own.

