

Heart Attack Survival Plan

Information for ambulance and hospital staff:

My medicines & specific instructions from my provider:

Medicines I'm allergic to: _____

VA provider phone number during office hours: _____

Phone number after office hours: _____

Person to contact if I go to the hospital:

Name: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____



**MEN & WOMEN
VETERANS**

*Complete this card and keep it handy.
It can help save your life or the life
of someone you care about.*

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 such as:

- ✓ 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.

VETERANS:

Call 911 right away if you think it may be a heart attack. Do not drive to the hospital. Emergency medical staff will take you to the hospital.

<http://www.va.gov/cardiology>



TIME IS LIFE!