

HEART ATTACK

Prepare your survival plan



KEY CONTACTS IN CASE OF EMERGENCY

YOUR DOCTOR'S NUMBER

PEOPLE TO CONTACT IN CASE YOU GO TO THE HOSPITAL

KEEP THIS INFORMATION IN YOUR WALLET



MEMORIZE THE LIST OF **HEART ATTACK SYMPTOMS** AND **WARNING SIGNS**

Chest discomfort that feels like pressure, fullness, or a squeezing pain that lasts for more than a few minutes or goes away and comes back.



Pain and discomfort that go beyond your chest to other parts of your upper body, like one or *both arms*, or your *back, neck, stomach, teeth, and jaw*.



Unexplained shortness of breath, with or without chest discomfort.



Other symptoms such as:

Cold sweats
Nausea or vomiting
Lightheadedness

Anxiety, indigestion
Unexplained fatigue

REMEMBER THAT
**YOU NEED TO CALL 112
WITHIN 5 MINUTES OF WHEN
THEY BEGIN**



If you or someone you're with **has chest discomfort** or **other heart attack symptoms**, **call 112 right away**. It's better to get an ambulance; **emergency medical services (EMS) personnel can start treatment on the way to the hospital**. They're also trained to revive a person if their heart stops.

If you can't reach EMS, drive the person to the hospital. If you're the one with the symptoms, **don't drive yourself to the hospital** unless you have no other choice.



TALK TO FAMILY & FRIENDS ABOUT
THE **WARNING SIGNS** AND THE
**IMPORTANCE OF CALLING 112
IMMEDIATELY**

Don't delay treatment because you don't want to bother or worry their friends and family. Arrange to have **someone care for your dependents** if an emergency happens.



KNOW YOUR
RISK FACTORS
AND DO WHAT YOU CAN
TO REDUCE THEM

Smoking

Hypertension

High Cholesterol

Overweight

Diabetes

YOUR CURRENT MEDICINES

YOUR ALLERGIES

