

# Important Information

**Fill out this information and keep this card with your ID.**

*It will help emergency medical staff treat you after you call 9-1-1.*

**Medicines you are taking:**

.....  
.....  
.....

**Medicines you are allergic to:**

.....  
.....  
.....

**Healthcare Provider**

**Name:** .....

**Office phone:** .....

**After hours phone:** .....

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

**Name:** .....

**Phone:** .....

*For more information on heart health go to [hearttruth.gov](http://hearttruth.gov).*



**Heart Attack Wallet Card**  
Know the warning signs



National Heart, Lung,  
and Blood Institute



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
National Institutes of Health  
National Heart, Lung, and Blood Institute  
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## Know the heart attack warning signs.



Your chest may hurt or feel squeezed, or it may feel like heartburn or indigestion.



You may feel light-headed or break out in a cold sweat.



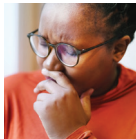
Your arms, back, shoulders, neck, jaw, or upper stomach (above the belly button) may hurt.



You may feel sick to your stomach.



You may feel like you can't breathe.



You may feel really, really tired.

## Quick Action Can Save Your Life:

# Call 9-1-1

If you think you might be having a heart attack, **call 9-1-1 immediately.** Don't ignore your pain or discomfort. Every minute matters when it comes to getting treatment for heart attacks.

**Never delay calling 9-1-1** to take aspirin or do anything else you think might help.

### **Do not drive yourself to the hospital.**

The ambulance is the best and safest way to get there. Emergency medical services workers will start lifesaving treatments right away.