Act in Time to
Heart Attack Signs
Action Plan

Physician’s Name ____________________________

Patient’s Name ____________________________ Date ____________________________

Heart disease is the top killer of men and women.

Learn the signs of a heart attack and the steps to take if one happens. You can save a life—maybe your own.

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
Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

▲ Shortness of Breath
Often comes with or before chest discomfort.

▲ Other Signs
May include breaking out in a cold sweat, nausea, or light-headedness.

Minutes Matter

▲ If you or someone else is having heart attack warning signs:
   Call 9-1-1

▲ Don’t wait more than a few minutes—5 minutes at most—to call 9-1-1.

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

Plan Ahead

▲ For your safety, fill in this action plan and keep it in a handy place.

▲ Learn the heart attack warning signs. Talk with family and friends about them and the need to call 9-1-1 quickly.

▲ Talk with your health care provider about your risk factors for heart attack—and how to reduce them.

Information To Share With Emergency Medical Personnel/Hospital Staff

Medicines you are taking: ____________________________

Medicines you are allergic to: ____________________________

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

Phone number during office hours:

Phone number after office hours:

Person You Would Like Contacted If You Go to the Hospital

Name: ____________________________

Home phone number: ____________________________

Work phone number: ____________________________
# How To Reduce Your Chance of a Heart Attack

## To find your risk for a heart attack, check the boxes that apply to you:

- A family history of early heart disease  
  (Father or brother diagnosed before age 55)  
  (Mother or sister diagnosed before age 65)
- Age (Men 45 years or older; Women 55 years or older)
- High blood cholesterol
- High blood pressure
- One or more previous heart attacks, angina, bypass surgery or angioplasty, stroke, or blockages in neck or leg arteries
- Overweight
- Physical inactivity
- Cigarette smoking
- Diabetes

The more risk factors you have, the greater your risk for a heart attack.

## Reduce Your Risk of a Heart Attack by Taking Steps To Prevent or Control Risk Factors

### High blood pressure
- Have your doctor check your blood pressure.
- Aim for a healthy weight.
- Become physically active.
- Follow a healthy eating plan, including food lower in salt and sodium.
- Limit alcoholic beverages.
- Take medication, if prescribed.

### Cigarette Smoking
- Stop smoking now or cut back gradually.
- If you can’t quit the first time, keep trying.
- If you don’t smoke, don’t start.

### Overweight
- Maintain a healthy weight. Try not to gain extra weight.
- If you are overweight, try to lose weight slowly, 1/2 to 1 pound a week.

### Diabetes
- Find out if you have diabetes.
- Get your blood sugar level checked by your doctor.

### Physical inactivity
- Become physically active.
- Do 30 minutes of moderate-level physical activity, such as brisk walking, on most and preferably all days of the week.
- If necessary, break 30 minutes into periods of at least 10 minutes each.

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