

IMPORTANT PHONE NUMBERS

WHO TO CALL? WHEN TO CALL?



FOR SEVERE OR RAPIDLY INCREASING SYMPTOMS OF POSSIBLE HEART ATTACK OR STROKE:

CALL 9-1-1 OR GO TO THE NEAREST EMERGENCY ROOM.

People I can call for mild to moderate symptoms or routine questions:

Name: _____ Number: _____ Days/Hours: _____

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Heart attack warning signs:

- 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.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

Stroke warning signs:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

If you have any of these warning signs, immediately call 9-1-1 or have someone take you to the nearest emergency facility.

www.AmericanHeart.org/CardiacRehab