



# MY HEART ATTACK SURVIVAL PLAN

## HOW DO I KNOW IF I AM HAVING A HEART ATTACK?

You may be having a heart attack if you feel **any** of the following symptoms:

- Mild or intense chest discomfort and/or pain which lasts longer than 5 minutes AND is not relieved by rest or nitroglycerin AND feels like:
  - Pressure
  - Tightness
  - Squeezing
  - Crushing
  - Intense burning
  - Aching

In addition to the symptoms above, you may also have:

- Pain radiating to your:
  - Back
  - Shoulder
  - Neck
  - Jaw/teeth
  - Arm
  - Wrist
- Shortness of breath
- Dizziness
- Fainting
- Nausea (feeling sick to your stomach)
- Vomiting (throwing up)
- Unusual weakness or tiredness
- Indigestion
- Rapid and/or irregular heartbeat
- Sense of impending (coming) doom
- Sleep disturbance
- Anxiety

*The more boxes you check, the more likely you are having a heart attack. There may be other explanations for your chest pain, but it is important to get medical help.*

## DON'T DELAY!

### Survive, don't drive. Call 911!

**If you are having a heart attack, getting medical attention right away can save your life! Getting medical care within one hour of your heart attack can lower the amount of heart muscle damaged.**

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

## YOUR SYMPTOMS MAY COME ON SLOWLY. THEY MAY BE VAGUE OR START AND STOP.

- If you have angina, your heart attack symptoms may feel like it's angina, but your heart attack symptoms may be stronger or last longer.
- If you have had a heart attack before, it may feel the same or different.

## HEART ATTACK SURVIVAL PLAN

1. Stop what you are doing.
2. Sit or lie down.
3. If your doctor has prescribed nitroglycerin for you, place one nitroglycerin tablet under your tongue. Let it dissolve. Do not chew or swallow the pill. If your symptoms are not relieved in 3-5 minutes by nitroglycerin and rest, call 911 emergency services before you call anyone else.\*
 

While you wait for the ambulance, you can continue to put one nitroglycerin tablet under your tongue every 5 minutes until your symptoms are relieved or until the ambulance arrives. If you do not have your nitroglycerin with you, call 911 emergency services before you call anyone else.\*
4. If your doctor has not prescribed nitroglycerin for you, call 911 emergency services before you call anyone else.\*
- 5. Do not drive yourself.**
6. If you are not already taking daily aspirin, chew one adult-strength (325mg), uncoated aspirin tablet if you have it and if you are not allergic to aspirin.

***\*If you have an emergency medical condition, call 911 or go to the nearest hospital immediately!***