American Heart Association.

# My Contact List

## Name

**Instructions**:
Make a copy of this chart and fill in your local emergency contact numbers. Then post this information in an obvious place at home where other family members can see it.

For severe or rapidly increasing symptoms of possible heart attack or stroke **Call 911** or your emergency response number so an ambulance can be sent. **Don't delay — get help right away**.

For mild to moderate symptoms or routine questions:

| CONTACT | PHONE NUMBER | DURING (HOURS) |
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