My Contact List

American Heart Association | American Stroke Association®

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.

Name_____

For severe or rapidly increasing symptoms of possible heart attack or stroke: **Call 9-1-1 or go to the nearest emergency room.**

For mild to moderate symptoms or routine questions:

Contact	Phone Number	During (hours)

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