

Heart Racing SOS Card™

When your heartbeat suddenly feels fast, pounding, fluttery or irregular, begin with safety.



First, Check for Emergency Symptoms

Call 911 now if the heartbeat change occurs with chest pressure or pain, severe shortness of breath, fainting, new weakness, confusion or other severe or rapidly worsening symptoms.

1



Stop What You Are Doing

Pause exercise, driving or any activity that could become unsafe. Sit or lie down in a comfortable place.

2



Let Your Body Settle

Loosen anything tight. Breathe slowly and comfortably without forcing a deep breath or holding your breath.

3



Notice What You Feel

Is it racing, pounding, fluttering or irregular? Notice whether you also feel dizzy, breathless, weak, sweaty or nauseated.

4



Check, If It Is Safe

Note the time. If you know how, check your pulse or wearable reading. Do not delay getting help to collect information.

5



Decide the Next Step

If symptoms are new, prolonged, recurring, worsening or concerning, contact your healthcare provider promptly. Follow any personal plan they have given you.

What to Note

Started at: _____

Lasted about: _____

Pulse, if checked: _____ bpm

What I was doing: _____

Other symptoms: _____

Avoid Right Now

- ☐ Continuing strenuous activity
- ☐ Taking extra medication unless instructed
- ☐ Using caffeine or stimulants
- ☐ Driving while dizzy or faint

Arrange Follow-Up



Even if the episode passes, discuss new, recurring or changing palpitations. Bring your notes and medication or supplement list.



Gentle Reminder

Stress and menopause can coincide with palpitations, but do not assume they are the cause of a new or changing symptom.



Martine's Midlife Wellness Tip

Save this card where you can find it quickly. During an episode, simple steps are easier to follow than trying to remember everything.