

# What to Do In a Medical Emergency

## *Emergencies Can Happen at Any Time*

- **Plan Ahead** so if ever there is an emergency, you can **Act Fast** and **Stay Calm**.
- **Learn symptoms** that need **urgent medical** help, for example:
  - Sudden dizziness or fainting
  - Increased weakness
  - Change in level of awareness/alertness (hard to wake up)
  - Seizure
  - Hard time breathing
  - Feeling like you will hurt yourself
  - Severe allergic reaction
  - Sudden change in eyesight
  - High fever
  - Severe vomiting or diarrhea
  - Coughing up blood
  - Loss of consciousness
  - Severe burns



## *Always Be Prepared for an Emergency*

- Practice how you will tell others when you are having a medical emergency.
- Make sure you or somebody with you can explain ALL your health conditions and medicines.
- Be ready to **call 9-1-1** if you or someone else is badly hurt or in danger.
- Be sure to have an **In Case of Emergency (ICE)** name and number saved in your cell phone.
- Learn about symptoms that would need 9-1-1 and symptoms that could wait long enough to drive to the nearest emergency room.
- Talk with your doctor about wearing a medical alert bracelet if needed and ask your doctor or search the web to find a bracelet that fits your needs.
- Always carry identification, your insurance card, medication list, and your emergency care plan (if you have one).
- Know where the closest emergency room is to your home, job, and other places you spend time.

(Turn over for more practice tips and resources)



## Practice Giving the Information Needed When Calling 9-1-1

What is the emergency: \_\_\_\_\_

Your name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Where you are: \_\_\_\_\_

Emergency contact and phone number: \_\_\_\_\_  
(parent, friend, roommate)

Who is with you: \_\_\_\_\_

Insurance information: \_\_\_\_\_

- When calling 9-1-1, stay on the phone until the operator says you can hang up.
- It might be helpful to write down your name, address, phone number, emergency contact phone number, and insurance information to keep near your home phone, in your wallet, or taped to your cell phone.



## Emergency Resources

The following resources might be helpful with planning for emergencies:

- Making a Family Emergency Plan: <https://www.ready.gov/make-a-plan>
- Personal Preparedness Planning for People with Disabilities: [https://www.disability.gov/emergency\\_preparedness/personal\\_preparedness](https://www.disability.gov/emergency_preparedness/personal_preparedness) (scroll down)
- Making a Disaster Kit: <https://www.ready.gov/build-a-kit>
- The Emergency Preparedness for Children with Special Health Care Needs Form: <http://www.acep.org/clinical---Practice-Management/Emergency-Information-Form-for-Children-with-Special-Health-Care-Needs/>

Materials supported through a grant from the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau, D70MC12840. Developed by the UIC - Division of Specialized Care for Children and the Illinois Chapter, American Academy of Pediatrics.