



# 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                                | ✓ Severe vomiting or diarrhea |
| ✓ Increased weakness  | ✓ Coughing up blood           |
| ✓ Seizure   | ✓ Loss of consciousness       |
| ✓ Hard time (labored) breathing                               | ✓ Severe burns                |
| ✓ Feeling like you will hurt yourself                         |                               |
| ✓ Severe allergic reaction                                    |                               |
| ✓ Sudden change in eyesight                                   |                               |
| ✓ High fever  |                               |
| ✓ Change in level of awareness/alertness<br>(hard to wake up) |                               |



## *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, 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:** <http://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)
- ✓ **Making a First Aid Kit:** <http://www.ready.gov/build-a-kit>
- ✓ **The Emergency Preparedness for Children with Special Health Care Needs Form:**  
<https://www.aap.org/advocacy/emergprep.htm>

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For More Information Visit:  
<http://illinoisAAP.org/projects/transition/>

**We're here to help.** To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

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