

What to Do In a Medical Emergency

Transition Skills, Tips & Tools



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
 - Sudden 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.phe.gov/Preparedness/planning/abc/Documents/PersonalPrepforPersonswithDisability.pdf>
- Making a Disaster Kit - <https://www.ready.gov/build-a-kit>
- The Emergency Preparedness for Children with Special Health Care Needs Form - https://www.acep.org/globalassets/uploads/uploaded-files/acep/clinical-and-practice-management/resources/pediatrics/medical-forms/eifspecialneeds.pdf?t_id=gsuyxVKaE3wUlyHrc47IOw==&t_q=http://www.acep.org/clinical---Practice-Management/Emergency-Information-Form-for-Children-with-Special-Health-Care-Needs/&t_tags=andquerymatch,language:en|language:7D2DA0A9FC754533B091FA6886A51C0D,siteid:3f8e28e9-ff05-45b3-977a-68a85dcc834a|siteid:84BFAF5C52A349A0BC61A9FFB6983A66&t_ip=&t_hit.id=ACP_Website_Application_Models_Media_DocumentMedia/_38057616-c488-4d5a-9d06-311b1a95ae39&t_hit.pos=2
- One Page Emergency Snapshot for Refrigerator - <https://complexchild.org/articles/2017-articles/november/emergency-one-page/>
- Emergency Refrigerator Sheet - <https://cshcn.org/pdf/in-case-of-emergency-english.pdf>
Spanish version: <https://cshcn.org/pdf/in-case-of-emergency-spanish.pdf>

Emergency Resources Cont.

- Emergency Info Wallet Size - <https://cshcn.org/pdf/in-case-of-emergency-form-teens.pdf>
- Getting to Know Me Emergency Sheet - <https://cshcn.org/pdf/getting-to-know-me-eng.pdf> Spanish version <https://cshcn.org/pdf/getting-to-know-me-spanish.pdf>
- What's the Plan Resource - <https://cshcn.org/pdf/whats-the-plan-english.pdf> Spanish version: <https://cshcn.org/pdf/whats-the-plan-spanish.pdf>
- Portable Medical Summary - https://www.txp2p.org/Media/care-notebook-files/My_Portable_Medical_Summary-2.pdf

Putting Your Plan Into Place

- Once you develop a plan, keep a copy printed off and digitally. Have a place where it's easy to find, like your fridge.
- Share with 3-5 emergency contacts who can serve as allies during an event. Include specifics regarding participant's treatments, health needs, behavioral considerations, medications, supplies, and equipment.
- Have more than one way to access your emergency contacts/plan (tech could be down, and printed copies could be inaccessible). Keep emergency contact info with you (wallet).
- Set a reminder to review your plan regularly (annually). Verify information, especially emergency contacts, is accurate.

