

WHEN TO GO TO THE EMERGENCY ROOM OR CALL 911

The following are signs and symptoms of a medical emergency:

- Bleeding that will not stop (after 10 minutes)
- Breathing problems (difficulty breathing, shortness of breath)
- Change in mental status (such as unusual behavior or confusion)
- Severe chest pain
- Coughing up or vomiting blood
- Fainting or loss of consciousness
- Feeling of committing suicide
- Head or spine injury
- Severe or persistent vomiting
- Sudden, severe pain anywhere in the body
- Sudden dizziness, weakness, or change in vision
- Swallowing a poisonous substance



WHAT TO DO IF SOMEONE NEEDS HELP

- Remain calm, and **CALL 911**
- Start CPR or rescue breathing if necessary
- Place a semiconscious or unconscious person in the recovery position until the ambulance arrives. **DO NOT** move the person if there has been or may have been a neck or back injury.