










PATIENT NAME: _____

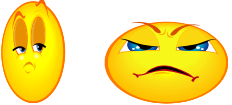



MY EMERGENCY PLAN

WHAT'S WRONG?	CALL MY HOME HEALTH AGENCY WHEN:	CALL 911 WHEN:
 I hurt	<ul style="list-style-type: none"> • <u>New</u> pain OR pain is <u>worse</u> than usual • Unusual bad headache • Ears are ringing • My blood pressure is above: ____/____ • Unusual low back pain • Chest pain or tightness of chest RELIEVED by rest or medication 	<ul style="list-style-type: none"> • Severe or prolonged pain • Pain/discomfort in neck, jaw, back, one or both arms, or stomach • Chest discomfort with sweating/nausea • Sudden severe unusual headache • Sudden chest pain or pressure & medications don't help (e.g. Nitroglycerin as ordered by physician), OR • Chest pain went away & came back
 I have trouble breathing	<ul style="list-style-type: none"> • Cough is worse • Harder to breathe when I lie flat • Chest tightness RELIEVED by rest or medication • My inhalers don't work • Changed color, thickness, odor of sputum (spit) 	<ul style="list-style-type: none"> • I can't breathe! • My skin is gray OR fingers/lips are blue • Fainting • Frothy sputum (spit)
 I have fever or chills	<ul style="list-style-type: none"> • Fever is above _____ F • Chills/can't get warm 	<ul style="list-style-type: none"> • Fever is above _____ F with chills, confusion or difficulty concentrating
 I fell	<ul style="list-style-type: none"> • Dizziness or trouble with balance • Fell and hurt myself • Fell but didn't hurt myself 	<ul style="list-style-type: none"> • Fell and have severe pain






WHAT'S WRONG?	CALL MY HOME HEALTH AGENCY WHEN:	CALL 911 WHEN:
 Trouble Moving	<ul style="list-style-type: none"> • One of my arms or legs is sore • My back is stiff / sore • I'm walking slower 	<ul style="list-style-type: none"> • Suddenly my face, arm or leg is weaker / numb / won't move • Suddenly one hand grip is weaker or dropping things such as a spoon • When "sticking out" my tongue is not in the middle of mouth • When I smile, my mouth is uneven • When I raise my eyebrows, they are uneven • My face is numb or drooping
 I see blood	<ul style="list-style-type: none"> • Bloody, cloudy, or change in urine color or foul odor • Gums, nose, mouth or surgical site bleeding • Unusual bruising 	<ul style="list-style-type: none"> • Bleeding that won't stop • Bleeding with confusion, weakness, dizziness and fainting • Throwing up bright red blood or it looks like coffee grounds • Large amount of bright red blood
 Trouble thinking	<ul style="list-style-type: none"> • Confused • Restless, agitated • Can't concentrate 	<ul style="list-style-type: none"> • Sudden difficulty speaking • Unable to remember important names (my own, spouse, children) • Suddenly I am unable to read. I can hear others talking but can't understand what they are saying





WHAT'S WRONG?	CALL MY HOME HEALTH AGENCY WHEN:	CALL 911 WHEN:
 My weight or appetite changed	<ul style="list-style-type: none"> • I don't have an appetite • Lost ____ lbs in ____ days • Gained ____ lbs in 1 day OR ____ lbs in ____ days • Feet/ankles/legs are swollen 	
 I don't feel right	<ul style="list-style-type: none"> • Weaker than usual • Dizzy, lightheaded, shaky • Very tired • Heart fluttering, skipping or racing • Blurred vision 	<ul style="list-style-type: none"> • Sudden numbness or weakness of the face, arm or leg • Sudden difficulty speaking/slurred words • Suddenly can't keep my balance
 I feel sick to my stomach	<ul style="list-style-type: none"> • Throwing up • New coughing at night 	<ul style="list-style-type: none"> • Can't stop throwing up • Throwing up blood
 Bowel troubles	<ul style="list-style-type: none"> • Diarrhea • Black/dark OR bloody bowel movement • No bowel movement in ____ days • No colostomy/ileostomy output in _____hours/days 	



WHAT'S WRONG?	CALL MY HOME HEALTH AGENCY WHEN:	CALL 911 WHEN:
 Trouble urinating	<ul style="list-style-type: none">• Leaking catheter• No urine from catheter in _____ hours• Have not passed water in _____ hours• Urine is cloudy• Burning feeling while urinating• Belly feels swollen or bloated	
 I am anxious or depressed	<ul style="list-style-type: none">• Always feeling anxious• Loss of appetite• Unable to concentrate• Trouble sleeping• Loss of hope• Constant sadness	<ul style="list-style-type: none">• I have a plan of hurting myself or someone else
 My wound changed	<ul style="list-style-type: none">• Change in drainage amount, color or odor• Increase in pain at wound site• Increase in redness/warmth at wound site• New skin problem• Fever is above _____°F	<ul style="list-style-type: none">• Fever is above _____ F with chills, confusion or difficulty concentrating• Bleeding that won't stop



WHAT'S WRONG?	CALL MY HOME HEALTH AGENCY WHEN:	CALL 911 WHEN:
 I have Diabetes and I'm . . .	<ul style="list-style-type: none"> • Thirsty or hungry more than usual • Urinating a lot • Vision is blurred • I'm feeling weak • My skin is dry and itchy • Repeated blood sugars greater than _____mg/dl <hr/> <ul style="list-style-type: none"> • Shaky • Sweating • Extreme tiredness • Hungry • Have a headache • Confusion • Heart is beating fast • Trouble thinking, confused or irritable • Vision is different • Repeated blood sugars less than _____mg/dl <p>Take: 3 glucose tablets, OR ½ glass of juice, OR 5-6 pieces of hard candy, OR _____</p> <p>Wait: 15 minutes & re-check blood sugar</p> <p>IF your blood sugar is still low and symptoms do not go away: Eat a light snack: ½ peanut butter OR meat sandwich, ½ glass milk</p> <p>Wait: 15 minutes & re-check blood sugar</p>	<ul style="list-style-type: none"> • Fruity breath • Nausea/throwing up • Difficulty breathing • Blood sugar greater than _____mg/dl <hr/> <ul style="list-style-type: none"> • Low blood sugar not responding to treatment • Unable to treat low blood sugar at home • Unconsciousness • Seizures
 Other problems	<ul style="list-style-type: none"> • Feeding Tube clogged • Problems with my IV/site 	<ul style="list-style-type: none"> • Sudden loss of vision in one or both eyes