
When to Call Emergency Services

Emergency number where I live: _____

Call emergency services now (Chapters 3, 10)

- Pain, tightness or pressure in the chest, spreading to the arm, back or jaw, lasting more than 15 minutes, or with sweating, nausea or breathlessness.
- A drooping face, weakness or numbness in an arm or leg, slurred or difficult speech, coming on suddenly. Note the time it started.
- Fainting during exertion, or fainting with chest pain or a very fast heartbeat.
- A racing heart with chest pain, breathlessness or dizziness, or an episode that won't stop.
- Sudden confusion, a sudden severe headache, sudden loss of vision.
- Very heavy bleeding with dizziness or fainting.
- Thoughts of harming yourself that you're afraid you might act on.

See a doctor today, or very soon (Chapter 10)

- Fainting with new breathlessness, or a family history of sudden death before 40.
- Coughing up blood; difficulty swallowing.
- Drowsiness or nodding off while driving (Chapter 5).

While you wait: don't leave someone with chest pain or stroke signs alone; don't drive yourself to hospital; don't take extra medicines unless told to.