
When to Call Emergency Services

Emergency number where I live: _____ My doctor: _____

Call emergency services at once, **whatever your device says**, and don't stop to record an ECG or check an app first:

Heart (Chapters 4, 5)

- Chest pain or tightness, breathlessness, fainting.
- Severe lightheadedness with a high or low heart rate alert.

Signs of stroke (Chapters 5, 11)

- Weakness or numbness on one side, a drooping face, trouble speaking, sudden blurred vision.
- Very high blood pressure with a severe headache.

Breathing (Chapter 10)

- Breathlessness, fast breathing, blue or grey lips or fingertips, confusion, difficulty staying awake.
- Don't be reassured by a normal blood oxygen reading on your watch.

Blood sugar (Chapter 11)

- Signs of severe low blood sugar: confusion, sweating, shaking, fainting.

Mental safety (Chapter 13)

- Feeling hopeless or having thoughts of harming yourself: contact someone you trust or an emergency support service where you live straight away.

Not an emergency, but book an appointment within a few days: an atrial fibrillation alert or recording; a sleep apnea alert; a high blood pressure alert; a number clearly off your usual level for several days.