

Health Enews

Call 911 Right Away If....

We know that it is important to call 911 if experiencing shortness of breath, chest pain/pressure, slurred speech, loss of inability to move either side of our body, or a sudden allergic reaction. There are other symptoms that would warrant a call to 911 or to seek emergent care.

Immediately call 911 if:

- You have sudden intense shoulder pain. Sudden intense shoulder pain could be a sign of a heart attack—especially if it comes on suddenly or escalates rapidly.
- You experience chest pressure. Chest pressure can be a sign of a heart attack, an aortic dissection, pulmonary embolism, an arrhythmia and even pneumonia.
- You have chest tightness. Chest tightness could indicate a heart attack, an aortic dissection, pulmonary embolism, or an arrhythmia.
- Dizziness with chest pain. While dizziness can be caused by a number of things, dizziness with chest pain is a sign that something isn't right with your heart.
- Leg or foot pain that gets worse at night. This could be a sign of a stress fracture or it could be a sign of a blood clot.
- Throat pain that starts in your chest. If you experience a sore throat that started in your chest and moved to your throat, it could be a sign of a heart issue.
- Sudden rapid breathing out of nowhere. Sudden rapid breathing could be sign of an underlying condition like asthma or it could be caused by a blood clot in your lungs or a problem with your heart.
- You break into a sweat out of nowhere. If you suddenly break out into a sweat, it could be a symptom of a heart attack, an aortic dissection, pulmonary embolism, or an arrhythmia.
- You have a headache, stiff neck and light sensitivity which could indicate an infection around the brain.
- You have a thunderclap headache. A thunderclap headache is a headache that strikes suddenly and severely, peaks in 60 seconds, and can be accompanied by nausea or vomiting. Additionally, thunderclap headaches might be accompanied by an altered mental state, fever, or seizure. Thunderclap headaches are a sign of a bleed in the brain.
- You can't see well in one eye. The vision loss could be a sign of a stroke or a blockage of the blood vessels in your neck.



- If there is blood in your vomit. If there is blood in your vomit, this could be a sign of a bleeding ulcer or bleeding from your stomach.
- You have a burn. This applies to a burn that is on a large part of your hands, feet, face, on big joints like your knees or elbows, is bigger than 3 inches, or the skin appears charred or white.
- You have experienced a head injury. A bump on the head can be serious and can cause you to pass out, have a seizure, or a brain bleed.
- You have a deep cut. If you have a deep cut on your face, neck, or across a joint, you should call 911 or immediately go to the emergency room. This also applies if you have been bitten by a person or animal, cut with a dirty or rusty object or you're bleeding badly or have a foreign object stuck in a wound.
- You have stomach pain. If you suddenly have sudden intense stomach pain that doesn't get better or occurs with vomiting, it could be an inflamed appendix.
- You experience confusion or trouble speaking. Confusion and trouble speaking are symptoms of a stroke. Other symptoms include: problems walking or balancing, intense headache, drooping on one side of your face, numbness or weakness on one side of your body.
- You take blood thinning medications and become injured. A minor injury can become serious if you take blood thinners. If you experience an injury and your heart races, breathing becomes fast, you experience trouble breathing, a headache, feeling sleepy, faint or dizzy, or a bruise gets larger or more painful, it could be a sign of internal bleeding.

This list is not meant to be all-inclusive. It is meant to suggest times when it is important to call 911 or seek emergent care. Sometimes it can be difficult to assess whether you're dealing with an emergent health situation or a minor issue. It is always better to be safe than sorry, especially if you are experiencing one of the previously mentioned health issues.

<https://www.msn.com/en-us/health/medical/40-symptoms-that-always-warrant-a-call-to-your-doctor-right-away/ss-BB1bhDyL>

<https://www.webmd.com/first-aid/ss/slideshow-when-call-911#>

