



Wooster Community Hospital Community Care Network
Personal Emergency Plan
General

Symptoms:

Call CCN 330-263-8483

Call 911:

Pain	<ul style="list-style-type: none"> • New/ Unusual pain • Unusually bad headache • Ears are ringing • Unusual low back pain 	<ul style="list-style-type: none"> • Severe or prolonged pain
Chest Pain/Pressure		<ul style="list-style-type: none"> • Sudden chest pain or pressure & my medications don't help (e.g. Nitroglycerin as ordered by physician) • Chest pain went away & came back • Chest discomfort with sweating/nausea
I have trouble breathing	<ul style="list-style-type: none"> • Unusual increase in shortness of breath • Unable to catch breath • Inhalers aren't working 	<ul style="list-style-type: none"> • I can't breathe! • My skin is gray • Fingers/lips are blue • Fainting • Frothy Sputum (spit)
I have fever or chills	<ul style="list-style-type: none"> • Always call 	<ul style="list-style-type: none"> • Fever above 100F with chills, confusion, or difficulty concentrating
I fell...	<ul style="list-style-type: none"> • Always call- next business day if not a severe injury 	<ul style="list-style-type: none"> • Fell and have severe pain, injury, or cannot get up • Hit your head
I have trouble moving...	<ul style="list-style-type: none"> • One of my arms or legs is 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 side of my body is weaker • When I smile, my mouth is uneven • Difficulty speaking • I can't walk right
I see blood...	<ul style="list-style-type: none"> • Gums, nose, mouth or surgical site bleeding • Unusual bruising 	<ul style="list-style-type: none"> • Bleeding that won't stop • Large amount of bright red blood • Throwing up bright red blood or vomit looks like coffee grounds



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Trouble thinking	<ul style="list-style-type: none">• New or increased confusion• Restless, new agitation• Can't concentrate	<ul style="list-style-type: none">• Unable to remember important names (my own, spouse, children) that I could before
I feel sick ...	<ul style="list-style-type: none">• Throwing up• Don't feel right	<ul style="list-style-type: none">• Can't stop throwing up• Throwing up bright red blood or vomit looks like coffee grounds
Sick/ bowel troubles...	<ul style="list-style-type: none">• Diarrhea for more than a day• Black & dark OR bloody bowel movement,• No colostomy/ileostomy output in 24 hours (or less as directed by your care provider)	<ul style="list-style-type: none">• Passing large amount of blood
I am having trouble urinating...	<ul style="list-style-type: none">• Have not passed water in 8 hours• Urine is: cloudy, bloody, foul odor, change in color• Burning feeling while urinating/ pain• Belly feels swollen or bloated• Urgency or unable to urinate• Frequency and feeling of not emptying	<ul style="list-style-type: none">• Passing pure blood
I have a catheter and it isn't working right...	<ul style="list-style-type: none">• Leaking catheter• No urine in bag for 4 hours• Increased sediment in catheter tubing/bag	<ul style="list-style-type: none">• Catheter bag has pure blood in it.
I am feeling...	<ul style="list-style-type: none">• Always feeling anxious and I wasn't before• Loss of appetite• Loss of hope• Constant sadness• Don't feel right• Don't want to get up• Tearful, very sad	<ul style="list-style-type: none">• I have a plan of hurting myself or someone else