



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Lawley



EMERGENCY MEDICAL CARE

There are many situations requiring emergency medical care for you or a loved one. You may need to drive to a local emergency room, or call 911 to be transported there by emergency personnel.

What Counts as an Emergency?

The following medical conditions require emergency care:

- Shortness of breath
- Chest pain or pressure
- Loss of consciousness
- Severe cuts or wounds
- Fractured bones
- Seizures
- Poisoning
- Sudden or severe pains
- Uncontrollable bleeding
- Persistent or severe vomiting
- Vomiting or coughing up blood

Be Prepared for the ER

When visiting the hospital's emergency department, come prepared to assist the doctors and nurses in treating you or your loved one properly. You should bring the following:

- A list of medications, which should include how frequently and for how long they have been taken
- A list of allergies, especially allergies to medicine
- A list of immunizations

It's important for you to remain calm while waiting to be helped at the ER, and alert the medical staff if the condition worsens while you are waiting.

Should You Call for Assistance?

Sometimes you may need immediate emergency care. In these instances, call 911 instead of driving to the ER yourself. Call 911 in the following situations:

- The condition appears to be life-threatening or could quickly become so
- Moving the injured person could cause serious injury.
- The injured or ill person requires the equipment and knowledge of emergency medical technicians
- Traffic and/or your distance from the hospital would cause a major delay in receiving emergency care

If you feel that your situation requires calling 911, then remember the following to ensure that you receive the best care:

- Speak calmly and clearly to the dispatcher
- Provide the name, address, phone number and location of the person in need

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- Describe the nature of the problem
- Do not hang up with the dispatcher until you are told to do so

Be aware that when calling 911 from a mobile phone, the dispatcher can only track your location based on the cellular tower. Therefore, it is important that you give the dispatcher your exact physical location so that emergency personnel can be directed to you quickly.