



When should I go to the ER?

You should call 9-1-1 or go to the ER any time you feel that your life or your child's life is in danger.

Go to the ER or call 9-1-1 if you have:

- Chest pain
- Extreme, severe headache pain, which could be a sign of a stroke
- You cannot move your legs or arms
- Trouble breathing
- Bleeding you cannot stop
- Loss of consciousness (passing out)
- Deep cuts or bad burns
- Pregnant with bleeding and/or pain
- Poisoning/overdose
- Gunshot wound
- Anything that seems like your life or limbs are in danger

*If it is a **life-threatening** emergency, call 9-1-1.*

For other situations where you do not know what to do or where to go, call your PMP or our 24 hour Nurseline. They will help you.

Flesch-Kincaid Reading Level: 5.8