

WHAT SHOULD I DO IN AN EMERGENCY?



Grossmont Healthcare District's
Health & Wellness Library

An East County community resource

HOSPITAL

WHAT IS A HOSPITAL?

- For the treatment, both medical and surgical, of the sick and the injured; and for their housing during this process.

COMMON REASONS TO VISIT A HOSPITAL'S EMERGENCY ROOM AND/OR CALL 911:

- Unusual or bad headache, particularly if it started suddenly
- Suddenly not able to speak, see, walk, or move OR weak or drooping on one side of body
- Heavy bleeding
- Possible broken bone, loss of movement, especially if bone is pushing through the skin
- Coughing or throwing up blood
- Severe allergic reaction with trouble breathing, swelling, hives
- High fever with headache and stiff neck
- Throwing up or loose stools that do not stop, etc.



FACTORS TO CONSIDER DURING MEDICAL EMERGENCIES:

- Are you near a hospital? Can you get there quickly?
- Can I or the individual pay for an ambulance or is there another way I can be transported to a hospital's emergency room?

Consider these questions, but use your best judgment, and when in doubt, dial 9-1-1

EXAMPLES OF WHEN TO VISIT A HOSPITAL:

“I got stung by a jellyfish at the beach. The lifeguard wasn't on duty so my friend called the Poison Control hotline for advice and based on my chest pain drove me to the nearest hospital's emergency department.”

“My son drove me to the ER because I had sudden numbness in my leg and blindness in my eye. I was having a stroke and needed emergency care.”

“There was a fire at my work. I called 911. A fire truck arrived to put out the fire. And an ambulance transported a coworker to the hospital who had serious burns.”