

INSTRUCTIONS

X UNIVERSAL INSTRUCTIONS:

- If you change your mind or your condition becomes worse and you decide to accept treatment and transport by Emergency Medical Services, please do not hesitate to call us back or seek other medical care.
- If any time you take a medicine and become short of breath, start wheezing, get hives or a rash, or have an unexpected reaction, call 9-1-1 or your local emergency number immediately. ALWAYS take medicine as directed on the label. NEVER take someone else's prescription medicine.

CHEST PAIN

- There are many causes of chest pain. The cause of your chest pain cannot be determined.
- Avoid activity that increases your pain.
- If you smoke, QUIT!
- Take deep breaths each hour even if it hurts.
- If you take medicines for chest pain, take your medicine as directed.

Call a doctor, go to the emergency department, or call 911 immediately if:

- *Your pain worsens with activity.*
- *You develop difficulty breathing.*
- *You develop cough, chills, fever, upset stomach, shoulder, jaw, or back pain, throw up blood, see blood in your urine, fever greater than 101°.*
- *You have blood come up when you cough.*
- *You develop black or sticky stools.*
- *You faint (pass out).*

BELLY PAIN:

- Belly pain is also called abdominal pain. Many illnesses can cause belly pain and the EMS crew cannot determine the cause of your belly pain.
- Take your temperature every 4 hours.

Call a doctor, go to the emergency department, or call 911 immediately if:

- *Your pain gets worse or is only in 1 area*
- *You throw up blood, have blood in your stool, or have black or sticky stools.*
- *You become dizzy or faint.*
- *You have a temperature over 101°, trouble passing urine, or trouble breathing.*

FEVER:

- ALWAYS take medicines as directed on the label. Tylenol (acetaminophen) and ibuprofen can be taken at the same time.
- If you are taking any antibiotics, take them until they are gone, not until you are feeling better.
- Drink extra non-caffeinated liquids (1 glass of water, soft drink, or Gatorade per hour of fever for an adult)
- If the temperature is above 103°, it can be brought down by sponge bath with room temperature, NOT COLD, water.
- Take your temperature every 4 hours.

Call a doctor, go to the emergency department, or call 911 immediately if:

- *Temperature is greater than 101° for 24 hours.*
- *A child becomes less active or alert.*
- *You develop a rash.*
- *Your fever does not come down with acetaminophen or ibuprofen.*

SHORTNESS OF BREATH :

- Respiratory distress is also known as shortness of breath or difficulty breathing.
- There are many causes of respiratory distress. You should avoid any substance that causes you any difficulty breathing.
- If you take medication for difficulty breathing, take your medicine as directed.

Call a doctor, go to the emergency department, or call 911 immediately if:

- *Temperature is more than 101°.*
- *The cough, wheeze, or difficulty breathing become worse or does not improve, even if taking medications.*
- *You have chest pain.*
- *Your sputum (spit) turns color.*
- *You are not able to perform normal activities.*

EXTREMITY INJURY:

- Apply ice on the injured part or area for 15 to 20 minutes each hour for the first 2 days.
- Elevate the injured part above the level of the heart as much as possible for the first 2 days to help decrease pain and swelling.
- Use the injured part as pain allows.

Call a doctor, go to the emergency department, or call 911 immediately if:

- *Temperature above 101°.*
- *The bruising, swelling, or pain gets worse despite the treatment listed above.*
- *Any problem listed on the WOUND CARE instructions are noted.*
- *You are not able to move the injured part or if you have numbness or tingling in the injured part.*
- *You are not improving in 2 days or you are not using the injured part in 1 week.*

VOMITING/DIARRHEA:

- Many things can cause vomiting (throwing up). It can occur in anyone and should be watched closely.
- Diarrhea can also occur in anyone and can be a reaction to food or infection.
- Dehydration (loss of water) can occur with either vomiting or diarrhea.
- Drink clear liquids without alcohol (flat soda, Gatorade, or juice) for the first 12 hours. Begin with small sips and slowly increase the amount you drink.

Call a doctor, go to the emergency department, or call 911 immediately if:

- *Temperature is greater than 101°.*
- *Vomiting or diarrhea lasts longer than 24 hours, you notice blood in the vomit or diarrhea, or you have black or sticky stools.*
- *You cannot keep fluids down or you haven't urinated in 8 hours.*

WOUND CARE:

- Wounds include cuts, scrapes, bites, abrasions, or puncture wounds.
- If the wound begins to bleed, apply pressure over the wound with a clean bandage or cloth and elevate the wound above the heart for 5-10 minutes.
- Clean the wound twice daily with soapy water and keep the wound dry. It is safe to shower but do not place the wound in bath or dish water. Remove the bandage prior to showering.
- Change the bandage at least daily or when dirty.
- You will need a tetanus shot if you have not had one in 10 years.

Call a doctor, go to the emergency department, or call 911 immediately if:

- *Fever above 101°.*
- *Bruising, swelling, or pain gets worse or bleeding is not controlled as directed above.*
- *Any signs of infection such as redness, pus, red streaks, or a bad smell from the wound.*

HEADACHE:

- There are many causes of headache.
- The cause of your headache cannot be determined.
- Rest in a quiet, dark room for 20-30 minutes.
- Apply ice or heat to areas of pain.

Call a doctor, go to the emergency department, or call 911 immediately if:

- *Your headache worsens or does not improve within 24 hours.*
- *Your vision changes or you become sensitive to light.*
- *You develop a fever greater than 101° or have a seizure.*
- *You have a rash.*
- *You have yellow or green discharge from your nose.*
- *Your family cannot awaken you.*
- *You are not acting as you normally do.*

LOW BLOOD SUGAR:

- Today your blood sugar was _____mg/dl.
- Taking too much insulin/diabetes medicine, too much exercise, delayed or skipped meals can cause low blood sugar.
- Signs and symptoms include shakiness, sweating, irritable, feeling faint, fainting, weakness, sleepiness, confusion, pounding heart.
- Test your blood sugar. If it is below 80 you should drink 8 ounces of whole milk, eat a candy bar, or use glucose tablets. Then you should eat a light meal to help keep your blood sugar up.
- Be sure to tell your doctor of this event.

Call a doctor, go to the emergency department, or call 911 immediately if:

- *Any new or severe symptoms.*
- *Blood sugar below 60.*
- *You have a fever above 101°.*

INSTRUCTIONS

<p>BACK PAIN:</p> <ul style="list-style-type: none"> • Apply ice to the painful area to help relieve pain. Apply the ice for no more than 20 minutes every hour. Keep a cloth between the ice bag and your skin. If ice does not help, try heat in the same way. Be careful not to burn yourself. • Stay in bed for the first 24 hours. • Begin normal activity when you can do them without causing pain. • When picking things up, bend at the hips and knees. Never bend from the waist only. <p><u>Call a doctor, go to the emergency department, or call 911 immediately if:</u></p> <ul style="list-style-type: none"> • <i>The pain increases or goes down your leg.</i> • <i>Your have trouble urinating or having a bowel movement or lose control of your urine or bowels.</i> • <i>You have numbness or weakness in your arms, hands, legs, or feet.</i> 	<p>HEAD INJURY:</p> <ul style="list-style-type: none"> • You may have a headache, nausea, or vomiting after a blow to the head. • Awaken the individual every 2 hours for the first 24 hours after the injury. • Ice may be applied to the injured area to decrease pain. • Drink clear, non-alcoholic liquids for the first 12 hours after the injury. • Tylenol (acetaminophen) or ibuprofen may be used for pain. <p><u>Call a doctor, go to the emergency department, or call 911 immediately if:</u></p> <ul style="list-style-type: none"> • <i>The injured person is vomiting all the time, is not able to be awakened, has trouble walking or using an arm or leg, has a seizure, develops unequal pupils, has a clear or bloody fluid coming from the ears or nose, or has strange behavior.</i> 	<p>INSECT BITE/STING:</p> <ul style="list-style-type: none"> • A bite or sting typically is a red lump that may have a hole in the center. You may have pain, swelling, and a rash. Severe stings may cause a headache and an upset stomach. • Some people will have an allergic reaction to a bite or sting. Difficulty breathing, throat or tongue swelling, or chest pains are emergencies which require immediate care. • Elevation of the injured part and ice applied to the area will help decrease pain and swelling. • Benadryl (diphenhydramine) may be used as directed to control itching and hives. <p><u>Call a doctor, go to the emergency department, or call 911 immediately if:</u></p> <ul style="list-style-type: none"> • <i>You develop chest pain, difficulty breathing, or swelling of the tongue or throat.</i> • <i>The area becomes red, warm, tender and swollen beyond the area of the bite or sting.</i> • <i>You develop a fever above 101°.</i>
<p>SEIZURES</p> <ul style="list-style-type: none"> • Today you had a seizure. • A seizure can be caused from infection, trauma, or epilepsy. • If you take medicines to control seizures, take your medication exactly as directed. • If you had a seizure and are taking your medicines, call your doctor. • Seizure medicines require you to take them every day to keep the right level in your blood. If you have not taken your seizure medicines in a few days, call your doctor for advice on how much you should take. <p><u>Others around you should take you to the emergency department, or call 911 immediately if:</u></p> <ul style="list-style-type: none"> • <i>You have another seizure and it lasts for more than 5 minutes.</i> • <i>You have a fever, neck stiffness, or headache followed by a seizure.</i> • <i>You do not wake up between seizures.</i> <p><u>Others around you should:</u></p> <ul style="list-style-type: none"> • <i>Move objects out of your way if you are seizing.</i> • <i>Not try to restrain you if you are seizing.</i> • <i>Not put anything into your mouth (you cannot swallow your tongue).</i> 	<p>FAINTING</p> <ul style="list-style-type: none"> • Today you fainted. • Many things can cause fainting. Problems with heart rhythms, heart attacks, low blood pressure from bleeding or dehydration, low blood sugar, stroke, heat stroke, and head injury are some of the things that can cause fainting. • Fainting can indicate a serious problem. You must see your doctor. Call for an appointment today. • If you have been vomiting or had diarrhea, refer to that section in these instructions. <p><u>Others around you should take you to the emergency department, or call 911 immediately if:</u></p> <ul style="list-style-type: none"> • <i>You faint again.</i> • <i>You have any kind of a seizure.</i> • <i>You have chest pain or a headache.</i> • <i>You have a temperature above 101°.</i> • <i>You throw up blood or stuff that looks like coffee ground or have black stools.</i> 	<p>OTHER</p> <p><u>MEDICAL CONTROL MUST BE CONSULTED PRIOR TO COMPLETION OF THIS SECTION.</u></p> <p>The EMTs which treated you today have spoken with a doctor. You may have _____</p> <ul style="list-style-type: none"> • _____ • _____ • _____ • _____ <p><u>Call your doctor, go to the emergency department, or call 911 immediately if:</u></p> <ul style="list-style-type: none"> • _____ • _____ • _____
<p>TO FIND A DOCTOR, YOU MAY CALL ANY OF THE FOLLOWING NUMBERS:</p> <p>AL Lee Memorial Hospital Fulton, NY 315-592-2224</p> <p>Auburn Memorial Hospital Auburn, NY 315-255-7011</p> <p>Cayuga Medical Center Ithaca, NY 607-274-4411</p> <p>Community General Hospital Syracuse, NY 315-492-5940</p>	<p>TO FIND A DOCTOR, YOU MAY CALL ANY OF THE FOLLOWING NUMBERS:</p> <p>Cortland Memorial Hospital Cortland, NY 607-756-3740</p> <p>Crouse Hospital Syracuse, NY 315-470-7411</p> <p>Onondaga County Medical Society Syracuse, NY 315-424-8118</p> <p>Oswego Hospital Oswego, NY 315-349-5522</p>	<p>TO FIND A DOCTOR, YOU MAY CALL ANY OF THE FOLLOWING NUMBERS:</p> <p>St. Joseph's Hospital Health Center Syracuse, NY 1-888-785-6371 (1-888-STJOES1)</p> <p>Upstate Medical University Syracuse, NY 315-464-8668</p> <p>IF YOU ARE A VETERAN: Veterans Administration Medical Center Syracuse, NY 315-476-7461</p>