

Appendix J

RED FLAGS QUICK REFERENCE

Post this list in a visible location for quick reference.

RED FLAGS QUICK REFERENCE CALL 911 IMMEDIATELY FOR:



- Severe difficulty breathing or choking
- Chest pain, pressure, or tightness
- Stroke symptoms (FAST):
 - Face drooping
 - Arm weakness
 - Speech Difficulty
 - Time to call 911
- Severe bleeding that will not stop
- Loss of consciousness or unresponsiveness
- Severe injury (broken bone, head injury, severe burn)
- Seizure (first-time, or lasting more than 5 minutes)
- Severe allergic reaction (difficulty breathing, swelling, hives)
- Sudden severe confusion or disorientation
- Suicidal thoughts or behavior

CALL THE DOCTOR TODAY FOR:

- Fever over 100.4°F with chills or confusion
- New, persistent, or worsening pain
- Increased shortness of breath or wheezing
- Urinary symptoms (pain, blood, inability to urinate)
- Severe vomiting or diarrhea
- Signs of infection (red, swollen, draining wound; fever)
- Fall with injury or head injury

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- Moderate dehydration (dizziness, dark urine, dry mouth)
- Increased confusion or lethargy
- Suspected medication error or overdose

SCHEDULE APPOINTMENT SOON FOR:

- Gradual decline in function or mobility
- Unintentional weight loss or decreased appetite
- Changes in mood, behavior, or cognition
- Worsening of a chronic condition
- Medication concerns or side effects

WHEN IN DOUBT:

- Call the doctor's office or the nurse
- Trust your instincts
- Better to call and be reassured than to wait too long

EMERGENCY CONTACTS 911 or Local Emergency Services

Primary Care Physician: _____

Phone: _____

Advice Nurse Line: _____

For a POISON EMERGENCY call: 1-800-222-1222

ANYWHERE IN THE UNITED STATES

This national hotline number will let you talk to experts in poisoning. This is a free and confidential service. All local poison control centers in the United States use this national number. You should call if you have any questions about poisoning or poison prevention. It does NOT need to be an emergency. You can call 24 hours a day, 7 days a week, 365 days a year.

You can also get online poison help now at Poisonhelp.org.

Just enter the product, poison, or medicine to get expert help.

www.aginghappily.com

Follow the Laws of Protected Health Information (PHI)

45 CFR 160.103

“Protected health information means individually identifiable health information transmitted or maintained in any form or medium.”