

## HEART ATTACK

### Warning signs:



Pressure, squeezing or fullness in the center of the chest



Discomfort in the neck, jaw, shoulder, arms or back



Shortness of breath



Cold sweats



Nausea or vomiting



Lightheadedness

### Steps:

1. **Call 9-1-1** immediately. Do not wait.
2. While you wait for the ambulance, have your loved one chew one adult 325 mg aspirin (so long as he is not allergic) and drink water. Chewing aspirin helps quickly inhibit platelets that cause blood clots.

## STROKE

### Warning signs:



Weakness or numbness in an arm, leg or side of the face



Slurred speech



Vision problems



Headache



Dizziness or trouble walking

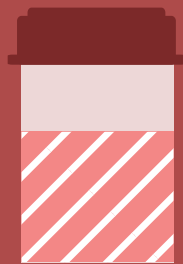
### Steps:

1. **Call 9-1-1** immediately. Do not wait.
2. Do not let your loved one drive herself to the hospital.
3. Arrive at the ER within 60 minutes of the onset of stroke symptoms for evaluation. Your loved one needs to receive clot-busting drugs within three hours of onset to avoid lasting disability.

# 1 in 4



adults ages 65 and older fall each year.



# 66%

of emergency room admissions among older adults are due to accidental overdoses.

## FALL

### Complications:



Hip fractures or broken bones



Dehydration or hypothermia if your loved one has been on the ground for a while



Bruising that could indicate bleeding under the skin



Excessive bleeding if taking blood thinners

### Steps:

1. **Call 9-1-1** if your loved one is injured and can't move or if she loses consciousness at any point.
2. If your loved one is on blood thinners, go to the hospital immediately, even if you don't see bleeding.
3. If the fall doesn't require a trip to the ER, visit your doctor within days for an assessment.

## PRESCRIPTION DRUG OVERDOSE

### Warning signs:



Symptoms depend on the drug. Signs range from sleepiness and sweating to vomiting, slowed breathing, seizures, high blood pressure and coma.

### Steps:

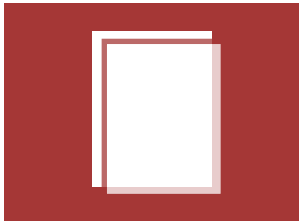
1. **Call 9-1-1** if your loved one is unconscious, having convulsions or having trouble breathing.
2. If there are no warning signs but you suspect an overdose, review the information that came with the medication and call the Poison Help Line at **(800) 222-1222**.

# Turn This Infographic Into a Handy Brochure



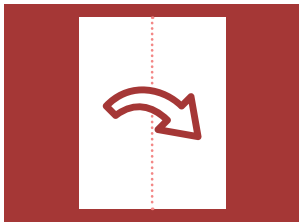
Print it out.

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Hold the pages back to back.

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With the “Fall” page facing you, fold in half down the middle white line.

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Keep copies of this brochure near the phone in your home and your family members’ homes so you’ll know what to do if a medical emergency arises.

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