



Fact Sheet: When to go to hospital

If you have a health problem and aren't sure whether you should go to the hospital emergency room, the First Aid Training Company offers some advice.

You need to go to a hospital emergency room if you have:

- sudden or unexplained loss of consciousness.
- chest pain, numbness in the face, arm or leg or if you have difficulty speaking.
- severe shortness of breath.
- high fever accompanied by a stiff neck, mental confusion or difficulty breathing.
- coughing up or vomiting blood.
- a cut or wound that won't stop bleeding.
- a possible broken bone.

Offer complete information

Most Emergency Departments use a triage system to prioritise patients according to the seriousness of their condition. You need to make sure you offer complete information about your symptoms, medications and drug allergies.

- You also need to speak up if you experience symptoms such as sudden arm or leg weakness, trouble breathing, chest pain, or a feeling of faintness while you're in the waiting area or being questioned or examined by nurses and doctors.
- When you go to the Emergency Department, make sure you have all the necessary information in your purse or wallet. This should include information about insurance, chronic health conditions, and medications you're taking. You should also have your doctor's name and phone number.

Source: (HealthDayNews)