

Did you know a lot of 911 medical emergencies are avoidable?

How to avoid an emergency:

- Take medications as prescribed (If applicable, this includes inhalers, checking blood sugar, insulin, using oxygen therapy, etc.).
- Follow-up with your doctor regularly, and at least annually.
- If there are changes with your body that are not normal for you, make an appointment to visit your doctor.
- Remove fall hazards in your home.
- Drink water daily.
- Seek additional in-home help if you require assistance.



Call TFD CARES if:

- You are unsure where to turn for non-emergencies.
- You need help finding health providers or assistance.
- You are interested in how to avoid medical emergencies.
- You or someone you know uses 911 Emergency Medical Services for non-emergency reasons.

Call **ONLY** for
Non-Emergency Reasons

TFD CARES
253-534-8734

When to Dial 911

**For Emergency Medical
Services**



City of Tacoma, Fire Department

Dialing 911 for Medical Help

911 should **ONLY** be used in emergency situations. A medical emergency is something that will result in loss of life or limb if not treated immediately.

Below is a list of examples of emergencies and non-emergencies (this list is not all-inclusive).



What is an Emergency and Non-Emergency?

Emergency: Dial 911

- Trouble breathing. Unable to speak in full sentences.
- Person is unresponsive.
- First time or longer than normal seizure.
- Skin or lips are blue, purple or gray.
- Large burn or cut that will not stop bleeding.
- Unstoppable vomiting or vomiting blood.
- Severe dehydration (sunken eyes, no tears or urination ["pee"], extreme tiredness).
- Blood in stool ("poop").
- After head injury: decreased level of alertness, confusion, headache, vomiting.
- Chest, back or neck pain with lightheadness, fatigue, nausea, cold sweat, shortness of breath, or numbness.

Non-Emergency: Should be directed to personal care provider or a community clinic/urgent care

- You need a ride to hospital or clinic.
- Medication refill.
- Blood pressure check.
- Headache.
- Anxiety.
- Cold or flu symptoms (Stuffy nose, fever, cough, body aches, etc.).
- Diarrhea (often a result of dehydration).
- Constipation (usually includes pain in lower stomach area).
- Non-injury fall (no pain and not bleeding).
- Bladder infection or UTI.
- Nausea ("Sickness"). (Often a result of dehydration, poor diet, or low/high blood sugars, if applicable).