

FRIDGE SAFETY EMERGENCY GUIDE

Quick warning signs for families and caregivers

Post this where it can be seen. Use this guide to help recognize when to call 911, when to call the doctor, and what to check daily. This guide is educational only and does not replace medical advice.

CALL 911 IF:

- **Chest pain** or severe trouble breathing
- **Stroke signs:** face drooping, arm weakness, speech trouble
- **Blood pressure over 180/120** with serious symptoms
- Sudden confusion, fainting, seizure, or hard to wake
- Severe headache - especially the "worst ever"
- Blue lips, severe wheezing, or cannot speak full sentences
- Sudden one-leg swelling with pain, redness, or warmth
- Serious fall, head injury, or new weakness after a fall

CALL THE DOCTOR SOON IF:

- New or worsening swelling in feet, ankles, or legs
- Ongoing headaches, dizziness, or fatigue
- Tingling, numbness, burning pain, or balance concerns
- Medication side effects or unusual sleepiness
- Slow-healing wounds, skin redness, drainage, or odor
- Changes in appetite, sleep, mood, behavior, or memory

DAILY CHECKS

- Blood pressure, pulse, temperature, and blood sugar if needed
- Meals eaten and fluids taken
- Medications taken as directed
- Pain level from 0 to 10
- Mood, behavior, confusion, or unusual tiredness
- Breathing changes, swelling, dizziness, or weakness

HOME SAFETY CHECK

- Clear walkways and remove clutter
- Keep good lighting, especially at night
- Use non-slip bathroom surfaces when possible
- Keep emergency numbers easy to find
- Watch for falls or near-falls

WHAT TO WRITE DOWN

- What changed and when it started
- Vital signs and symptoms
- Meals, fluids, medications, and pain level
- Falls, swelling, wounds, or behavior changes
- Who was notified and what was recommended

STROKE REMINDER: FAST

F - Face: Is one side drooping?

A - Arms: Is one arm weak or hard to raise?

S - Speech: Is speech slurred or hard to understand?

T - Time: Call 911 immediately.

Need support at home? Care Now Private Duty Care provides non-medical personal care support, companionship, respite care, safety reminders, and family peace of mind.

Educational use only. Care Now does not diagnose or treat medical conditions. For emergencies, call 911.