

This information is provided as a public service by your local fire department.

Not Transported

Your condition did not require emergency vehicle transport at this time. Please understand that your situation may still require follow up medical attention. If your condition worsens, seek medical help or call 9-1-1.

Low Blood Sugar

Your fire department measured your blood sugar during your medical emergency. Before treatment, your blood sugar level was _____.

If you choose to stay at home:

- Eat or drink something with sugar (juice, banana, cereal, candy, cookies, etc.) and recheck your blood sugar in 15 minutes. If your sugar is still under 70 eat or drink again and recheck. Repeat until your blood sugar is above 120.
- Check your blood sugar frequently for the next several hours.

Your low blood sugar was treated by the following method:

No Treatment

The EMTs gave no immediate treatment because _____.

Oral sugar _____ gm

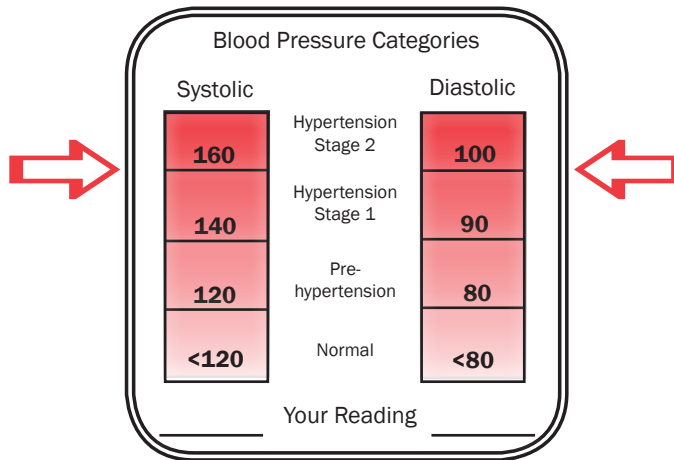
Other

After providing sugar, your blood sugar level was _____.

- If your condition worsens, **CALL 911 IMMEDIATELY!**

High Blood Pressure

Your fire department took your blood pressure during your medical emergency. **Your blood pressure was very high.**



High blood pressure can lead to life-threatening diseases such as heart disease, stroke, or kidney failure. There are good treatments for lowering high blood pressure. You need to talk with a doctor.

We recommend that you have your blood pressure checked again as soon as possible.

Falls

If you are 65 or older and fell at home, there are two programs in King County that can assist you in staying **healthy, independent, and safe** in your home. **Please call** for more information.

One Step Ahead

King County Emergency Medical Services
(206) 369-5817

- Individualized health evaluation **in your home**
- Free for those who qualify
- Home safety check
- Installation of home safety devices

Harborview Fall Prevention Clinic

(206) 744-4191

- Individualized health evaluation **at Harborview**
- Home safety suggestions
- Medication review, balance and vision checks

Community Resources

Social support services are available to everyone in King County. These organizations give confidential assistance for people in need of help.

Washington 2-1-1.....2-1-1

(Monday thru Friday
8 am to 6 pm)

- Caregiver & Disability Resources
- Social Services
- Health Care & Support Groups

The Crisis Clinic.....(206) 461-3222

(866) 427-4747
(24 hours a day)

- Emotional Crisis & Trauma
- Suicide Prevention & Education

The Healthy Aging Partnership.....1-888-4ELDERS

(Monday thru Friday
9 am to 5 pm)

- Home, health, and safety for elders
- Help for aging parents