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.

**Not Transported**

- **Low Blood Sugar**
  - Your low blood sugar was treated by the following method:
    - No Treatment
    - Oral sugar: _______ gm
    - Other: ____________________
  - After providing sugar, your blood sugar level was ____________________.

- **High Blood Pressure**
  - Your fire department took your blood pressure during your medical emergency.
    - Your blood pressure was very high.
  - Blood Pressure Categories:
    - Systolic: 160
    - Hypertension Stage 2
    - Diastolic: 100
    - Hypertension Stage 1
    - Pre-hypertension: 90
    - Normal: 80
    - <80
  - Your Reading: __________

  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.
  - 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**
    - (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