

Emergency Action Plan

What to Do During a Pain Crisis or Medical Emergency

Warning Signs

Seek Urgent Care if you Experience

- Fever (38° C / 100.4° F or higher)
- Chest pain
- Difficulty breathing or shortness of breath
- Severe or worsening pain that does not improve
- Signs of stroke: face drooping, arm weakness, or trouble speaking
- Sudden confusion, weakness, or severe headache
- Vision changes
- Swelling in the abdomen or persistent vomiting

These symptoms can indicate serious complications. Do not wait to see if they improve on their own — seek medical care right away.

To-Dos During A Pain Crisis

Step 1 -Early Pain Management

Take medications as prescribed. Don't delay treatment; starting early prevents the crisis from worsening.

Step 2 Stay Hydrated

Drink water regularly. Dehydration can make a pain crisis worse. Avoid drinks that may increase dehydration.

Step 3- Rest

Limit physical activity and find a comfortable resting position.

Step 4- Use Comfort Measures

Warm compresses or heating pads can ease pain. Avoid cold exposure, as it may trigger or worsen a crisis.

Step 5- Go to Emergency Room

Go to the emergency department or call 911 for severe pain, chest pain, breathing difficulties, fever, or stroke signs. If unsure, always err on the side of caution and seek medical care immediately.

Be Prepared in Advance

Keep information on your phone or in your wallet for faster emergency care. Ensure these details are easily accessible at all times.

- List of current medications
- Known allergies
- Name of primary healthcare provider
- Medical history summary
- Emergency contact names and numbers

Your Emergency Contacts Info

Primary Care Provider: _____

Specialist if applicable: _____

Emergency Contact: _____