



Signs and Symptoms Referral Guide

CHEST PAIN

- Any unusual tightness or pain in the chest such as crushing pain or stabbing pain
- May also have accompanying radiating pain into the neck, jaw, back or arms
- Anxious feeling or fast or slow heartbeat
- Trouble breathing or frothy spit
- Pale or grey skin tone or sweating
- Feeling unwell or nauseous
- An urgent desire to go to the toilet and open the bowel



STROKE

- Appears intoxicated, has trouble talking and may be slurring words
- Produces dribbling spit, trouble swallowing and loss of bladder and/or bowel control
- Loss of use of limbs or facial muscles on one side of the body
- Weakness or inability to move
- Sudden blurred vision or confusion
- Uncommon lingering headaches



ASTHMA OR SHORTNESS OF BREATH

- Trouble breathing which can lead to no breathing (gasping for air)
- Noisy breathing or wheezing and coughing
- Only able to speak short sentences or single words before becoming breathless
- Lips turning blue
- Appears tired and lethargic
- Pale skin tone
- Cold or sweaty
- Anxious feeling



FAINTING

- Light headedness or dizziness
- Trouble standing
- Weakness in the legs
- Blurred vision or black spots
- Ringing sound in the ears
- Feeling nauseous



DIABETIC ATTACK

Low blood sugar level (symptoms occur within several minutes)

- Trouble talking and irrational behaviour
- Appears intoxicated
- Confused or disorientated
- Feeling sleepy and/or weak
- Breath may smell like nail polish remover (acetone)

High blood sugar level (symptoms occur over days)

- Flushed hot skin
- Extreme thirst
- Constant need to urinate
- Restlessness



When it comes to your health or the health of someone you know, there are usually clear signs if the person is seriously ill and needs emergency care.

You should seek immediate medical attention by dialing '000' and ask for AMBULANCE. This is a free call any time of the day or night.

Is this an emergency? Dial Triple Zero (000)



NSW Ambulance

My emergency details

Name: _____ Date of birth: _____

Home address: _____

Medical history:

Medications:

Allergies: _____

EMERGENCY CONTACT

Name: _____

Phone Number: _____

If you or someone you know is sick but it is not a life-threatening emergency and you do not require immediate medical attention, consider the following options:

General Practitioner (GP)

See a GP for illnesses or injuries that just won't go away and cannot be treated by over-the-counter medication.

Healthdirect Australia - 1800 022 222

Healthdirect Australia is a 24-hour telephone health advice line staffed by registered nurses to provide fast and simple expert advice on any health issue and what to do next.

Healthdirect Australia can be used when:

- someone is sick and you're not sure what to do
- you want expert advice about a health issue and what to do next
- you need to know where to find after-hours health services or pharmacies
- For more information visit www.healthdirect.org.au