



Transition Program

Emergency Care and Asking for Help:

Ask my doctor and care givers to give me a list of signs that mean you need a doctor or nurse to check on you.

In Case of Emergency:

- Ask your doctor and care givers to give you a list of signs that mean you need a doctor or nurse to check you. Also, ask what signs show you need emergency care.

Signs that I need to see a doctor:	Signs that I need to seek emergency care:
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

- Who to call in an emergency:
 - » Make a list of people to call in an emergency and their phone numbers. This may include parent, guardian, sister, brother, doctor, and others:
 - **iPhone users:** Add these names and phone numbers to your Contact List. Then, click on "Add to Emergency Contacts"
 - **Android phone users:** Go to the app store and download Medical ID (Free) Contacts. Open the app and add these people.



- » Scan the QR code for more information on how to add emergency contacts.
- » Let each person know you list them as an emergency contact.

-
-
-

- Know where there is an emergency room near you. One way is to type in "Emergency Rooms" to Maps or Google Maps. Be ready with this before an emergency starts.
- Practice explaining your health condition. This will help when you feel ill.