

STOPLIGHT FOR MEDICAL CARE SELF TRIAGE

National Veterans Wheelchair Games

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| <p>RED ZONE (EMERGENCY)</p> <p><u>Waiting for care may lead to death, serious or permanent injury.</u></p> <p><u>Call 911 or Go to Emergency Department</u></p> | <ul style="list-style-type: none">• Signs of a heart attack<ul style="list-style-type: none">• Chest pressure, squeezing, fullness, or discomfort.• Pain in one or both arms, back, neck or jaw.• Chest pain especially if you have had a heart attack before.• Signs of a stroke<ul style="list-style-type: none">• <u>B</u>alance (lack of balance).• <u>E</u>ye changes/vision changes.• <u>F</u>ace drooping.• <u>A</u>rm weakness.• <u>S</u>peech difficulty.• <u>T</u>ime to call 911/<u>T</u>ime since symptoms started.• Autonomic Dysreflexia (AD)<p>If you have been told that you are at risk for AD and have symptoms that do not improve with treatment including high blood pressure, pounding headache, sweating, flushing, or gooseflesh above the level of your spinal cord injury.</p>• Bleeding that won't stop.• Sudden severe pain.• Head or neck injury.• Poisoning.• Broken bone.• Confusion or passing out.• Unable to move or respond.• Overdose of opioids, drugs, or medication.• Shortness of breath, blue lips or hard to breathe.• <u>Suicidal thoughts or thoughts of harming others, with intention or plan to act.</u>• Fall with head injury. |
| <p>YELLOW ZONE (CAUTION)</p> <p>Visit the on-site medical clinic or call the medical on-call team (after hours) at (TBA)</p> <p>If sick, stay home/hotel room and call for guidance.</p> | <ul style="list-style-type: none">• New symptoms: fever, cough, congestion.• Changes in urine output: pain with urination, bladder spasms, foul odor, or problems with your catheter.• Nausea, vomiting, diarrhea, constipation, or flu-like symptoms.• Recent episode of Autonomic Dysreflexia (AD).• Your medical equipment or prosthetic items are malfunctioning.• A fall with or without injury.• Insufficient amount of medications and supplies• Changes to skin integrity: new red or open skin.• Sprains or sports injuries.• Increased difficulty coping with your emotions, including depressed mood, anxiety, irritability, and passing suicidal thoughts without an intent or plan to act.• <u>A recent visit to the emergency room or admission to the hospital.</u>• Concerns with feeding or foley catheter tube. <p><u>If sick, STAY HOME/HOTEL room. Call for guidance. DO NOT TRAVEL to NVWG if sick.</u></p> |
| <p>GREEN ZONE (ALL CLEAR)</p> | <ul style="list-style-type: none">• Your symptoms are under control, and you feel well.• Equipment is functioning well.• For non-urgent concerns utilize secure messaging to your home providers. |