

Emergency

Emergency is a medical condition that requires immediate attention. It is a life-threatening situation that can occur at any time. If you or someone you know is experiencing an emergency, call 911 immediately. Do not attempt to drive yourself to the hospital. Stay on the line with the dispatcher and follow their instructions.

Signs and symptoms:

- | Sudden chest pain or discomfort
- | Shortness of breath
- | Lightheadedness or dizziness
- | Sudden weakness or numbness
- | Sudden confusion or fainting
- | Sudden vision changes
- | Sudden difficulty speaking or swallowing
- | Sudden difficulty breathing
- | Sudden severe headache
- | Sudden severe abdominal pain

What student-athletes can do:

- | Always use proper technique when exercising
- | Stay hydrated and eat a balanced diet
- | Get adequate rest and sleep
- | Avoid alcohol and recreational drugs
- | Listen to your coach and medical staff
- | Report any injuries or symptoms immediately

Content courtesy of NAMI.

