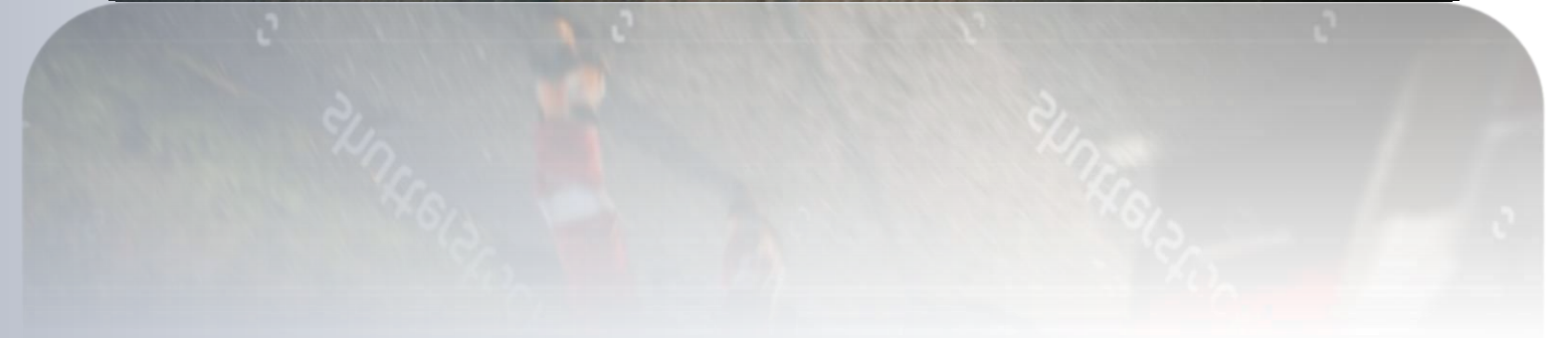


When to Seek Medical Care During Emergencies



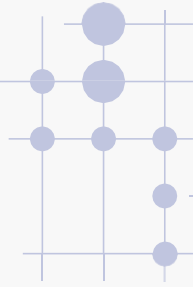


When to Seek Medical Care During Emergencies

Emergencies and disasters can create fear, confusion, and uncertainty. During these situations, it is important to know when medical care is urgently needed and when conditions can be safely managed through primary care, pharmacies, telemedicine, or home care guidance.

Understanding when to seek emergency medical attention helps:

- Protect your health and safety
- Reduce overcrowding in hospitals
- Ensure critically ill patients receive urgent care quickly
- Support healthcare services during emergencies



Seek Emergency Medical Care Immediately If You Have:

Serious or Life-Threatening Symptoms

Call emergency services or go to the nearest emergency department immediately if someone experiences:

- Difficulty breathing or severe shortness of breath
- Chest pain or pressure
- Severe bleeding that does not stop
- Loss of consciousness or fainting
- Signs of stroke:
 - o Sudden weakness or numbness
 - o Difficulty speaking
 - o Facial drooping

- Severe burns
- Major injuries or fractures
- Seizures
- Severe allergic reactions:
 - o Swelling of the face or throat
 - o Difficulty breathing
- Serious head injuries
- Severe dehydration
- Blue lips or severe confusion

👉 Do not delay seeking emergency **Care** for serious symptoms.

When Non-Urgent Care May Be More Appropriate

Not all medical conditions require emergency department visits.
Minor illnesses and mild symptoms may often be managed through:

- Primary healthcare clinics
- Family doctors
- Telemedicine services
- Pharmacies
- Home care advice from healthcare professionals

• Examples Include:

- Mild cold or flu symptoms
- Minor cuts or bruises
- Mild headaches
- Medication refill questions
- Mild stomach discomfort
- Minor skin irritation

Using appropriate healthcare services helps reduce pressure on emergency departments during crises.

Consider Telemedicine and Remote Medical Advice

During emergencies, telemedicine services may help individuals:

- Receive medical advice safely from home
- Reduce unnecessary travel
- Avoid crowded healthcare facilities
- Access prescription guidance
- Obtain follow-up care for chronic conditions

👉 Keep important healthcare contact numbers available.

Caring for Family Members at Home

Some mild conditions can be safely managed at home with proper care and monitoring.

General Home Care Tips:

- Ensure adequate hydration
- Allow rest and recovery
- Monitor symptoms closely
- Use medications only as directed
- Maintain hygiene and infection prevention practices

👉 Seek medical advice if symptoms worsen or fail to improve.

Avoid Panic Visits to Hospitals

During emergencies, fear and anxiety may lead people to visit hospitals unnecessarily. Overcrowding can:

Hospitals and ambulance services remain operational during emergencies and continue prioritizing urgent medical needs.

General Home Care Tips:

- Delay care for critically ill patients
- Increase stress on healthcare workers
- Increase infection risks in waiting areas
- Reduce healthcare system efficiency

👉 Stay calm and seek the appropriate level of care.

Mental Health Matters Too

Emergencies may affect emotional well-being and mental health.

Seek support if you or a family member experiences:

- Severe anxiety or panic
- Persistent fear or distress
- Sleep difficulties
- Emotional exhaustion
- Feelings of hopelessness

Talking with healthcare professionals, family members, or mental health support services may help.

Emergency Numbers in the UAE

- **Police: 999**
- **Ambulance: 998**
- **Civil Defense: 997**

Key Message

Knowing when to seek medical care during emergencies helps protect your health, supports healthcare services, and ensures emergency resources remain available for those who need them most. Stay informed, remain calm, and use healthcare services responsibly.

Thanks



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