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This information is provided as a public service by your local fire department.							
Please understa			did not require emergency vehicle transport at this time. and that your situation may still require follow up medical our condition worsens, seek medical help or call 9-1-1.				
Low Blood Sugar			High Blood Pressure				
Your fire department measured your blood sugar during your medical emergency. Before treatment, your blood sugar level was	Fat or drink something with sugar (juice, banana, cereal, candy, cookies, etc.) and recheck your blood sugar in		Your fire department took your blood pressure during your medical emergency. Your blood pressure was very high.  Blood Pressure Categories Systolic Diastolic				
Your low blood sugar was treated by the following method:  No Treatment The EMTs gave no immediate treatment because	is still under again and re	. If your sugar r 70 eat or drink echeck. Repeat lood sugar is		160 140	Hypertension Stage 2  Hypertension Stage 1  Pre- hypertension	90	

· Check your blood sugar frequently for the next several hours.

· If your condition worsens, **CALL 911 IMMEDIATELY!** 

High blood pressure can lead to life-threatening diseases such as heart disease, stroke, or kidney failure. There are good treatments for lowering high blood pressure. You need to talk with a doctor.

Normal

Your Reading

<80

We recommend that you have your blood pressure checked again as soon as possible.

## **Falls**

If you are 65 or older and fell at home, there are two programs in King County that can assist you in staying healthy, independent, and safe in your home. Please call for more information.

#### **One Step Ahead**

King County Emergency Medical Services (206) 369-5817

- · Individualized health evaluation in your home
- Free for those who qualify
- Home safety check

☐ Oral sugar \_\_\_\_\_ gm

After providing sugar, your

blood sugar level was

□ Other

Installation of home safety devices

#### **Harborview Fall Prevention Clinic** (206) 744-4191

- Individualized health evaluation at Harborview
- Home safety suggestions
- Medication review, balance and vision checks

# **Community Resources**

Social support services are available to everyone in King County. These organizations give confidential assistance for people in need of help.

#### Washington 2-1-1.....2-1-1

(Monday thru Friday

8 am to 6 pm)

- · Caregiver & Disability Resources
- Social Services
- Health Care & Support Groups

The Crisis Clinic.....(206) 461-3222 (866) 427-4747

(24 hours a day)

- Emotional Crisis & Trauma
- Suicide Prevention & Education

### The Healthy Aging Partnership.....1-888-4ELDERS

· Home, health, and safety for elders

(Monday thru Friday

- 9 am to 5 pm)
- Help for aging parents