

Your Health

The largest factor in keeping healthy is you! Here are a few, quick reference points to keep in mind when deciding if a trip to the emergency room or health clinic is needed.



IMPORTANT THINGS TO KNOW ABOUT HEALTHCARE

Most Emergency Rooms Can't Turn You Away

The Emergency Medical Treatment and Labor Act (EMTALA) requires major hospitals to stabilize a patient regardless of insurance status or ability to pay. You can find an Emergency Room/Hospital that accepts Medicare here:

<https://www.medicare.gov/care-compare/?providerType=Hospital>

Taking Care of Yourself

Often people try to do what they can at home and avoid going to a clinic. Here are some signs that there may be a chronic condition that needs to be evaluated by your doctor:

Signs of Diabetes include:

- Feeling thirsty
- Peeing more frequently
- Weight Loss or Fatigue

Signs of Asthma include:

- Wheezing or Coughing, especially during exercise or at night.
- Shortness of breath

If you have access to a blood pressure cuff, your blood pressure should be less than **140/90** (or less if you have other conditions)

Resident Status

Oregon's Sanctuary Promise allows rights and access to certain services regardless of residence status. You can call 1-844-924-STAY/1-844-6-AMPARO with specific questions.

Undocumented Oregon residents can apply for Emergency Medical Insurance here:

<http://www.dhs.state.or.us/spd/tools/program/cawem.htm>

People of Any Age or Immigration Status May Qualify for Full Oregon Health Plan (OHP) Benefits

Thanks to Healthier Oregon, people may now qualify for OHP if they:

- Live in Oregon, and
- Meet income and other criteria.

Scan below for more information!



SIGNS OF CARDIOVASCULAR EMERGENCIES

Signs of a Stroke: act F.A.S.T.



F
FACE
DROOPING



A
ARM
WEAKNESS



S
SPEECH
DIFFICULTY



T
TIME TO
CALL 911

Signs of a Cardiac Event can include

Sudden pain, pressure or squeezing in chest

Heartburn/indigestion

Nausea and vomiting

Shortness of breath, dizziness

Pale or bluish skin tone

Sweating, cold/clammy skin

Weak/irregular pulse, low blood pressure

If you're worried that you're having a Heart Attack, call 911 or head to the Emergency Room.





STEPS TO PERFORM HANDS-ONLY CPR

CHECK RESPONSIVENESS:

- Tap the person's shoulder and shout, "Are you OK?"
- Look for normal breathing. Call 911 if there is no response.



DO CHEST COMPRESSIONS:

- Place the heel of your hand on the center of the person's chest and the other hand on top of your first hand, lacing fingers together.
- Push hard and fast, compressing chest at least 100 times per minute.



STOP ONLY IF:

- The person starts breathing normally.
- A trained responder or emergency help takes over.
- You are too exhausted to continue.



USE AN AED:

- Turn on the AED and wipe chest dry.
- Push the "Analyze" button if necessary. If a shock is advised, push the "Shock" button.

HOW TO REDUCE YOUR RISK OF HEART DISEASE



- Take care of your health. Try to get at least 7 to 9 hours of sleep each night.



- Eat a variety of healthy foods and keep a healthy weight.

- If you smoke or use e-cigarettes, try to quit. If you want to drink alcohol, ask your healthcare provider how much is safe for you to drink.



- Learn ways to manage stress. Stay physically active as advised by your provider.

- Treat and control medical conditions such as diabetes, high blood pressure, and high cholesterol.

- Get cholesterol and blood pressure screening tests as recommended.



- If you are taking hormone replacement therapy, talk with your provider about the risks and benefits, as they may increase the risk for heart disease or stroke.

The information contained in this handout should not be used as a substitute for the medical care and advice of your child's primary care clinician. There may be individualized recommendations that vary from the general advice above based on your circumstances.

