







When to Call Complex Care for Seniors or 911

To talk with the Complex Care for Seniors nurse, call 612-262-7800 and choose option #1.

	Call Complex Care for Seniors if You:	Call 911 if You:
Breathing trouble 	<ul style="list-style-type: none"> ■ have more coughing or sputum than usual ■ are more short of breath or have more wheezing than usual ■ need your rescue inhaler or nebulizer more often than usual. 	<ul style="list-style-type: none"> ■ cannot catch your breath ■ are confused or cannot easily wake up.
Fall 	<ul style="list-style-type: none"> ■ are dizzy or having trouble with your balance ■ had a recent fall with a small injury. 	<ul style="list-style-type: none"> ■ fell and cannot get up.
Bowel trouble 	<ul style="list-style-type: none"> ■ have severe constipation ■ have severe diarrhea ■ have problems with your ostomy and are not able to manage it at home ■ have a black or dark-colored stool. 	<ul style="list-style-type: none"> ■ cannot stop throwing up (vomiting).
Bladder trouble 	<ul style="list-style-type: none"> ■ have a leaking catheter ■ do not have urine in your catheter for 4 hours ■ have not urinated in 4 hours ■ have cloudy urine ■ have a burning feeling while urinating ■ feel swollen or bloated in your belly. 	<ul style="list-style-type: none"> ■ have bright red blood in your catheter.

<p>Change in wound</p> 	<ul style="list-style-type: none"> ■ have a change in: <ul style="list-style-type: none"> — color — odor — amount of drainage ■ have green or yellow discharge (pus) ■ have increased pain, swelling or redness ■ have new skin problem ■ have bleeding that will not stop ■ have a temperature of 101.6 F or higher. 	<ul style="list-style-type: none"> ■ a temperature of 101.6 F or higher with: <ul style="list-style-type: none"> — chills — confusion — trouble concentrating
<p>Other problems</p> 	<ul style="list-style-type: none"> ■ have new pain ■ have pain that is worse than usual (including headache, chest pain) ■ feel confused, restless or agitated ■ have swelling in your feet, ankles or legs ■ gain or lose: <ul style="list-style-type: none"> — 3 pounds in 1 day — 5 pounds in 1 week. 	<ul style="list-style-type: none"> ■ have pain or discomfort in your neck, jaw, back, arm(s) with sweating or upset stomach ■ have new or sudden weakness ■ see that your: <ul style="list-style-type: none"> — tongue is not in the middle of your mouth when you stick it out — mouth is uneven when you smile — eyebrows are uneven when you raise them — face is drooping ■ have numbness in your face ■ suddenly are not able to read or understand what others are saying when they talk.