

Date:

Name:



My early warning signs plan — what I need to do

▶ Also known as an acute plan or emergency plan

FEELING GREAT

How do I know?

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.....

What can I do when I'm feeling great?

.....
.....

STARTING TO FEEL UNWELL

How do I know?

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.....

What can I do to feel better?

.....
.....

GETTING WORSE

How do I know?

.....
.....

What can I do?

.....
.....

EMERGENCY

How do I know it's an emergency?

.....
.....

What should I do?

.....
.....



Medical centre and phone number:

Out of hours clinic and phone number:

In emergencies dial 111