

This is a medical follow-up sheet for your health and safety. Sometimes the signs and symptoms of chest/abdominal injuries do not appear immediately after a trauma but hours after the injury itself. The purpose of this fact sheet is to alert you to signs and symptoms of significant chest/abdominal injuries.

The appearance of any of these symptoms tells you that you have sustained a significant injury that *requires medical attention*. If any of these symptoms appear, contact your family physician or report to your local emergency room. Very sick people should be transported to the emergency room by ambulance; do not hesitate to call for an ambulance if you think one may be necessary.

- **Difficulty breathing, shortness of breath (can't catch breath)**
- **Pain or pressure in the chest, shoulder or neck**
- **Persistent nausea or vomiting**
- **Coughing up blood**
- **Pain or discomfort in increasing in the abdomen (belly)**
- **Rigidity and spasm of abdominal muscles**
- **Blood in urine or stool**
- **Painful or difficult urination or bowel movement**
- **Feeling sweaty, shaky and or anxious**
- **Dizziness, lightheadedness or confusion**

Important: Do not ignore any of the above symptoms. They may be signaling an injury which requires care by a doctor. If any of these symptoms do develop after the initial injury, seek the attention of your family doctor or an emergency room physician.