



Chest/Abdominal Injury Warning Sheet

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.