

### **What to do for Work Related Serious Conditions / Medical Emergencies**

- Life-Threatening Conditions
  1. In the event of serious injury or a clear threat to life, obtain paramedic or ambulance assistance right away:
  2. Call 9-911 on campus, or use a blue emergency phone
  3. Call 911 off campus
  4. Call 286 if in Stanford University Medical Center
  5. Be prepared to say exactly where you are, and what is wrong
  6. You will be taken to the nearest hospital Emergency Department. The **Stanford University Medical Center Emergency Department** is the nearest one on campus. It is located near the intersection of Campus Drive and Quarry Road. Call (650) 723-5111.
  
- Examples of Medical Emergencies and Serious Conditions:
  1. Difficulty breathing for any reason
  2. Major injury (e.g., open chest wound with trouble breathing; spinal or neck injury with loss of sensation or motion; obvious fracture, especially with visible bone)
  3. Severe allergic reaction with throat swelling
  4. Severe asthma
  5. Unconsciousness or unresponsiveness
  6. Acute Asthma Attack (which is not responding to usual medication)
  7. Laceration (a cut requiring sutures)
  8. Bee sting reaction (e.g., with hives or swelling of your whole arm or leg)

### **What to do for Work Related Urgent Conditions**

1. Call SUOHC if between 8:00am-5pm M-F at (650) 725-5308, for immediate phone triage and to schedule urgent drop-in appointment time.
2. When SUOHC is closed, go to the **Stanford University Medical Center Emergency Department**. [Directions and a map](#).
3. As soon as you arrive at 480 Oak Rd, let the employee at the reception desk know you're here for an urgent appointment.
  - a. Bring any medications you have taken for the problem.
  
4. Examples of Urgent Conditions
  - a. Although the examples listed below may not be life threatening, get medical evaluation at SUOHC as soon as possible if you experience any of the following symptoms:
    - i. Any acute injury with significant pain or swelling
    - ii. Possible fracture or dislocation
    - iii. Animal bite, including non-human primate bite
    - iv. Needlestick or splash to mucous membrane of blood or potentially infectious body fluid
    - v. Acute exposures to workplace hazards (chemicals, laser, radiation)

### **What to do for Work Related Non-Urgent Problems**

1. Call SUOHC if between 8:00am-5pm M-F at (650) 725-5308, for an appointment time.
2. Examples of Non-urgent Symptoms / Problem
  - a. Sprains/Strains
  - b. Ache or pain you have had for several weeks
  - c. Bruises/scrapes
  - d. Minor cuts
  - e. Minor burns
  - f. Allergies (without difficulty breathing)