What are You Experiencing?

Go to an emergency room or urgent care facility right away for:

☐ Fever above 101°F.
☐ Difficulty breathing.
☐ Chest pain.
☐ Abdominal (belly) swelling.
☐ Severe headache.
☐ Sudden weakness or loss of feeling and movement.
☐ Seizure.
☐ Painful erection of the penis that lasts more than 4 hours.

Call a healthcare provider right away for:

☐ Pain anywhere in the body that will not go away with treatment at home.
☐ Any sudden problem with vision.
Always have a Pain Plan

Step #1 Do not Panic

Step #2 What is your Pain Level?
- Mild
- Moderate
- Severe

Step #3 Check Temperature
- Fever >101 °F call your healthcare provider for further instructions

Step #4 Take medication if needed
- Drink plenty of water
- Apply warm compress to the area affected
- Take a warm shower or bath

Step #5 Reassess the pain in 30 minutes
- Pain improved continue to follow your plan

Step #6 If no improvement:
- Call your healthcare provider or the Sickle Cell Specialty Center for further instructions.