

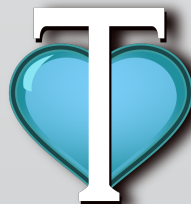
What are You Experiencing?

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.



Sickle Cell Pain Crisis

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.

