

SEEK EMERGENCY HELP

- ▶ The pain started in your chest and moved to your upper back. You're also dizzy, sweating or having difficulty breathing. You even may have an uneven pulse, nausea or vomiting, or anxiety.
- ▶ You have sudden loss of bowel or bladder control; lack of mobility; numbness; or tingling or weakness in your arms, legs, hands or feet.
- ▶ You have numbness or tingling in a saddle pattern—that is, if you were riding a horse, the area of your body that would be touching the saddle.
- ▶ You have severe backache accompanied by a tearing sensation.



SEE YOUR DOCTOR

- ▶ You feel pain or burning when you urinate.
- ▶ You have pain often on one side or the other, or in your lower back just above your waist. You also feel sick, or have a fever, or blood in your urine.
- ▶ You have a history of back injury or surgery, and the pain is persistent or severe.



CALL YOUR NURSE INFORMATION SERVICE OR DOCTOR

- ▶ You have severe pain across your whole upper back. It started suddenly, for no apparent reason.
- ▶ You're pregnant.
- ▶ You've tried self-care but your backache hasn't improved.



TRY SELF-CARE

- ▶ The pain started after you lifted something or moved awkwardly, but you have no other symptoms.



YOUR CHILD'S SYMPTOMS

Seek emergency help if your child complains of back pain after an injury, and has difficulty moving his arms and legs.

Call your nurse information service or doctor if your child complains of any back pain. Backaches are unusual in children.

! Don't give aspirin to anyone younger than age 19! It's linked to Reye's syndrome, a rare but sometimes fatal condition.