

## Adrenal Crisis Emergency Action Guide for

### Thank you in advance for your support

Your help and understanding mean a lot to me in case I experience an emergency medical situation, called adrenal crisis, and could help save my life.

CAH, or **congenital adrenal hyperplasia**, is a rare, lifelong genetic condition that causes an imbalance in the hormones my body needs to function properly, particularly cortisol.

### If I experience adrenal crisis, I will need immediate help

Adrenal crisis can be life-threatening and occurs when my body requires more cortisol than it's able to make, typically in situations that cause physical stress where more cortisol is needed than normal—such as illness, injury, or surgery.

**Symptoms can worsen quickly, so I want you to be prepared in case you need to act. Below are symptoms to look out for that are either signs of adrenal crisis or events that can lead to adrenal crisis:**

- Fever more than 101 °F
- Nausea or vomiting
- Diarrhea
- Fatigue, pale & clammy skin
- Lower than normal body temperature
- Signs of dehydration
- Dizziness, lightheadedness, or loss of consciousness
- Moderate trauma such as injury requiring stitches or a broken bone
- Throat or ear infection

**Please ask me if you notice one or more of these symptoms and see if I need help. If I'm exhibiting any of the above symptoms and appear not able to care for myself, please take the following steps:**

1

#### Prepare and administer my emergency hydrocortisone injection immediately

Watch a quick, step-by-step video on how to prepare and inject hydrocortisone.



I keep my emergency injection kit

. My dose is      mL and      mg.

2

#### Call 911 and request an ambulance

Tell emergency responders I have adrenal insufficiency and am showing symptoms of adrenal crisis. Tell them that I require hydrocortisone to replace the cortisol my body doesn't make, and notify them if the emergency hydrocortisone injection was given to me.

3

#### Call my emergency contact(s)

I may not be able to speak—so please notify the following people of the situation immediately.

NAME

PHONE

NAME

PHONE

4

#### Provide contact information for my endocrinologist to emergency professionals

They will be able to provide more information to emergency room staff about my condition and the importance of giving me hydrocortisone.

DOCTOR NAME

DOCTOR PHONE

This Adrenal Crisis Emergency Action Guide is only intended for people who have been diagnosed with CAH.