

Call 999 now if you or someone has any of these:

- **signs of a heart attack**
chest pain, pressure, heaviness, tightness or squeezing across the chest
- **signs of a stroke**
face dropping on one side, cannot hold both arms up, difficulty speaking
- **sudden confusion (delirium)**
cannot be sure of own name or age, slurred speech or not making sense
- **suicide attempt**
by taking something or self-harming
- **severe difficulty breathing**
not being able to get words out, breathing very fast, choking or gasping
- **heavy bleeding**
spraying, pouring or enough to make a puddle
- **severe injuries**
after a serious accident
- **seizure (fit)**
shaking or jerking because of a fit, or unconscious (can't be woken up)
- **sudden, rapid swelling**
of the lips, mouth, throat or tongue
- **labour or childbirth**
water breaking, more frequent intense cramps (contractions), baby coming, or just born
- **signs of a severe infection (sepsis)**
blue, grey, pale or blotchy skin, lips, tongue, palms of soles; a rash that does not fade when you roll a glass over it or high temperature with a stiff neck / bothered by light

British Sign Language (BSL) speakers can [make a BSL video call to 999](#).

Deaf, hard of hearing or speech-impaired people can use 18000 to contact 999 using text relay or a textphone.