

# One-Page Emergency Reference

## AI & HEALTH: ONE-PAGE EMERGENCY REFERENCE

*Print and keep visible*

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### ⚠ CALL 911 IMMEDIATELY FOR:

**Heart/Chest:** Pain + sweating/SOB/nausea • Pain to arm/jaw/back • >15 min duration

**Brain:** FAST (Face drop, Arm weak, Speech slur) • “Worst headache ever” • Vision loss • Confusion

**Breathing:** Can’t speak sentences • Blue lips • Gasping

**Belly:** Severe pain + fever • Vomit blood • Rigid abdomen

**Back:** Pain + bowel/bladder problems + leg weakness/numbness

**Children:** Infant <3mo fever • Breathing trouble • Won’t respond • TRUST PARENT GUT

**If you’re reading this wondering if it’s an emergency → IT PROBABLY IS. CALL 911.**

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### THE 5 ESSENTIAL QUESTIONS (Ask EVERY Time)

1. “What are you basing this on?” → Verify sources
  2. “What can you NOT detect remotely?” → See gaps (MOST IMPORTANT)
  3. “What would require emergency eval?” → Know red flags
  4. “What are you uncertain about?” → Test humility
  5. “What should I ask my doctor?” → Prepare appointment
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### AI HALLUCINATION RED FLAGS

Never says “I don’t know”  Vague sources  Too confident  Can’t explain reasoning

**3+ red flags = DON’T TRUST. Verify with doctor.**

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## GOOD vs BAD AI USE

✓ **GOOD:** Education about diagnosed conditions • Understanding prescribed meds • Preparing for appointments • General health learning • Clarifying doctor instructions

✗ **BAD:** Diagnosing symptoms • Deciding if should see doctor • Treatment recommendations • Medication changes • Avoiding medical care

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## THE VELOCIRAPTOR TEST

“Would I notice this while running from predator?”

YES → Significant. Seek care. | NO → Minor. Can monitor.

When AI conflicts with your gut → **TRUST YOUR GUT**

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## DECISION RULES

**Emergency?** → 911, don't ask AI

**Diagnosis needed?** → Doctor, not AI

**Treatment decision?** → Doctor, not AI

**Medication change?** → Doctor, not AI

**Worried?** → See doctor (don't trust AI reassurance)

**In doubt?** → Default to seeking care

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## REMEMBER

**AI has 0 sensors. You have 10 BILLION.**

**AI trained on text. Your body debugged by 3.8 BILLION years evolution.**

**AI = Information & preparation ✓**

**AI ≠ Diagnosis & treatment ✗**

**Better: ER for nothing than dead at home**

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## VERIFY BEFORE TRUSTING

Check sources  Cross-ref Mayo/NIH/CDC  Ask 5 Questions   
Test for hallucination  Confirm with doctor

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**AI in the Exam Room Patient Education • aaintheexamroom.com**

911 Emergency • 988 Suicide Prevention • 1-800-222-1222 Poison Control