

The Department of Emergency Medical Care (EMO) provides emergency care – healthcare services in cases where a delay or failure to provide care could lead to the death or serious harm to the health of the patient. The North Estonia Medical Centre provides medical care to people from the age of 16 and up.

Proceed to the emergency room	See your PD (family doctor)
<p><b>Severe and sudden-onset pain</b></p> <ul style="list-style-type: none"> <li>dull, tight, squeezing or crushing chest pain;</li> <li>severe and oppressive headache with sudden onset, possibly accompanied by vomiting and balance problems;</li> <li>very severe abdominal pain with repeated vomiting;</li> <li>very severe pain that does not respond to orally administered pain relievers.</li> </ul> <p><b>Note: In the absence of high fever, facial pain (including toothache), pain in limbs and lower back pain are not life-threatening! First consult your GP or ask for advice on the GP telephone hotline, 1220.</b></p>	<p><b>Moderate and/or persistent pain</b></p> <ul style="list-style-type: none"> <li>headache;</li> <li>joint pain;</li> <li>lower back pain;</li> <li>earache;</li> <li>sore throat;</li> <li>abdominal pain.</li> </ul>
<p><b>Acute injury</b></p> <ul style="list-style-type: none"> <li>Newly occurred trauma, swelling in the injured area, deformation and limited mobility, wounds, burns, chemical burns, electrical trauma, etc.;</li> <li>foreign object lodged in airways, digestive tract or elsewhere in the body.</li> </ul>	<p><b>Acute injury</b></p> <ul style="list-style-type: none"> <li>trauma not involving swelling, deformation or limited mobility in the injured area;</li> <li>minor trauma;</li> <li>insect bite, including tick bites.</li> </ul>
<p><b>Bleeding</b></p> <ul style="list-style-type: none"> <li>persistent haemorrhage in digestive tract;</li> <li>haemorrhage in urinary and reproductive ducts</li> <li>acute nosebleed;</li> <li>acute haemoptysis (coughing up blood).</li> </ul>	<p><b>Bleeding</b></p> <ul style="list-style-type: none"> <li>blood in stool;</li> <li>threads of blood in sputum;</li> <li>frequent nosebleed episodes.</li> </ul>
<p><b>Acute conditions</b></p> <ul style="list-style-type: none"> <li>stroke symptoms – sudden difficulty with speaking and paralysis on one side of the body, sudden-onset balance problems, dizziness, loss of memory or consciousness;</li> <li>extreme weakness, lethargy;</li> <li>foreign object lodged in airway, digestive tract or elsewhere in the body;</li> <li>persistent fever of over 38.5 °C that does not respond to fever-reducing medications, high fever in the elderly;</li> <li>high fever and/or constant vomiting in the case of a chemotherapy patient;</li> <li>shortness of breath, hypoxia, severe asthma attack;</li> <li>acute allergic reaction accompanied by hypoxia, extensive rash affecting entire body, swollen tongue, difficulty swallowing, etc.;</li> <li>urinary incontinence;</li> <li>cardiac arrhythmias occurring in the last 48 hours or arrhythmias lasting more than 48 hours accompanied by hypoxia or chest pain;</li> <li>symptoms of thrombosis – sudden onset of pain and swelling in extremities, mainly in calf; extremity is cool to the touch and white or reddish-purple in colour.</li> </ul>	<p><b>Acute conditions</b></p> <ul style="list-style-type: none"> <li>infectious diseases of the upper respiratory system (cold, cough, etc.);</li> <li>stomach viruses or digestive complaints (nausea, vomiting, heartburn, stomach-ache, diarrhoea, etc.);</li> <li>allergy symptoms (dermatitis, asthma, hay fever, rhinitis);</li> <li>cardiac arrhythmias occurring more than 48 hours ago and not accompanied by hypoxia or chest pain, in patients who are not using anticoagulants (blood thinners);</li> <li>frequent urination, discomfort or pressure upon urination, difficulty urinating, genital discharge, suspected STD;</li> <li>decline in visual acuity, discharge from eyes, eye infection;</li> <li>decline in auditory sense, noise/sounds in ear, discharge from ear;</li> <li>flare-up of chronic illnesses (high arterial blood pressure, etc.);</li> </ul>

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<p><b>Skin infections</b></p> <ul style="list-style-type: none"> <li>• extensive suppurative infections (abscess, phlegmon) accompanied by pain and fever and which need to be lanced;</li> <li>• infected wound accompanied by fever and swelling spreading rapidly (in a matter of hours) in the injured site.</li> </ul>	<p><b>Skin infections</b></p> <ul style="list-style-type: none"> <li>• subcutaneous infections (boils, etc.);</li> <li>• rosacea, dermatitis;</li> <li>• chronic ulcers;</li> <li>• herpes.</li> </ul>
<p><b>Psychological disturbances</b></p> <ul style="list-style-type: none"> <li>• acute psychosis (delusions, hallucinations, paranoia);</li> <li>• confusion.</li> </ul>	<p><b>Affective disorders</b></p> <ul style="list-style-type: none"> <li>• depression, mood disorder;</li> <li>• anxiety.</li> </ul>

Compiled in cooperation with the Estonian Society of Family Doctors

**North Estonia Medical Centre**

J. Sütiste tee 19  
13419 Tallinn  
Information 617 1300  
[www.regionaalhaigla.ee](http://www.regionaalhaigla.ee)



Eesti  
Perearstide  
Selts