

I need help when:



I have adrenal insufficiency. When I have some of these symptoms I may need extra medication (a stress dose) to avoid an adrenal crisis.

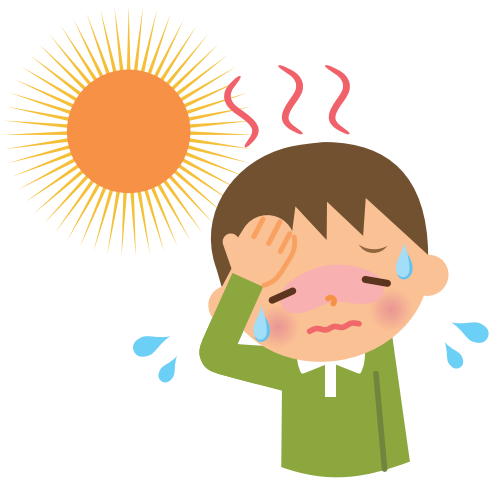
I feel sick and/or my tummy hurts.



I feel too tired to play.

I feel dizzy and/or my head hurts.

My legs hurt or feel wobbly.



I feel hot and sweaty.

My face looks red.

There are dark marks under my eyes.

Emergency Contacts: