



## Shock



### Overview

This is an emergency medical condition. It happens when your blood pressure drops suddenly. We say you've "gone into shock." When you're in shock, your organs don't get the blood they need to work properly. This is life-threatening.

### Causes

What causes shock? It's triggered by anything that causes your blood pressure to drop. Serious injuries, allergic reactions and heart problems can all cause it. Shock is also linked to some medications. You can go into shock if you're dehydrated, because lack of fluid lowers the volume of your blood. And, you can go into shock because of an infection.

### Symptoms

What are the symptoms? When a person is in shock, their blood pressure is very low. Watch for things like confusion, anxiety, dizziness and weakness. They may take rapid, shallow breaths, and their pulse may be fast. Their skin may be pale, cool and clammy. A person who is in shock may lose consciousness. Without fast medical care, their organs can be damaged. They can die.

### Treatment

How do we treat shock? Get emergency medical help as quickly as possible. While you wait for help to arrive, keep the person warm and comfortable. Give them first aid for injuries if it's appropriate. But don't give them food or drink. For more care instructions, talk to a medical professional.