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## Safety Flags at a Glance

Safety flags appear right after advice that could cause real harm for some people. The table below lists every safety flag in the book, with page numbers so you can find them again quickly. Safety flags are separate from evidence labels.

| Safety flag                                                              | Page           |
|--------------------------------------------------------------------------|----------------|
| A racing heart with chest pain, fainting or breathlessness               | p. 20 (Ch. 3)  |
| Taking iron without testing first                                        | p. 26 (Ch. 4)  |
| Drowsiness while driving                                                 | p. 34 (Ch. 5)  |
| Thoughts of harming yourself                                             | p. 42 (Ch. 6)  |
| Stopping anti-anxiety medicines or sleeping pills suddenly               | p. 43 (Ch. 6)  |
| Stopping a medicine yourself because you think it's making you forgetful | p. 48 (Ch. 7)  |
| Abnormal bleeding                                                        | p. 55 (Ch. 8)  |
| Testosterone bought online or used without medical monitoring            | p. 61 (Ch. 9)  |
| Thoughts of harming yourself                                             | p. 63 (Ch. 9)  |
| Thoughts of harming yourself                                             | p. 70 (Ch. 10) |
| Stopping a prescription medicine suddenly on your own                    | p. 76 (Ch. 11) |

| Safety flag                                               | Page           |
|-----------------------------------------------------------|----------------|
| Increasing activity when you have post-exertional malaise | p. 83 (Ch. 12) |