

RESIST HATE



Emergency Checklist: Medical Warning Signs in ICE Detention

Keep this next to your phone.

If your loved one is in immigration detention, they cannot call 911 for themselves. You may be the only early warning system.

RED FLAG: MISSED MEDICATIONS

- Not receiving insulin, seizure medication, heart medication, HIV treatment, psychiatric medication, or other prescriptions
- Told medication “ran out” or is “being reviewed”

Why this matters: A diabetic can develop life-threatening diabetic ketoacidosis within 24–48 hours without insulin.

RED FLAG: UNTREATED SYMPTOMS

- Chest pain
- Difficulty breathing
- High fever
- Severe abdominal pain
- Fainting or seizures
- Untreated infections

If symptoms are reported and no medical visit occurs within 24 hours, escalate immediately.

RED FLAG: MULTIPLE SICK-CALL REQUESTS IGNORED

- Submitted written medical requests but not seen
- Told to “wait it out”

Document dates and exact wording used.

RED FLAG: SUDDEN ISOLATION OR TRANSFER

- Placed in segregation (“the hole”)
- Moved to another facility without notice
- Phone calls abruptly stop

Isolation can hide medical emergencies.

RED FLAG: LOSS OF ASSISTIVE DEVICES

- Cane, wheelchair, CPAP machine, hearing aids, glasses taken away
 - Mobility suddenly worsens

This can create immediate health risks.

RED FLAG: RAPID WEIGHT LOSS OR DEHYDRATION

- Noticeable weakness
- Reports of spoiled food or insufficient portions
 - Signs of confusion or dizziness

RED FLAG: MENTAL HEALTH CRISIS

- Expresses hopelessness or suicidal thoughts
 - Panic attacks
- Extreme anxiety without access to counseling

Mental health emergencies require urgent intervention.

RED FLAG: INJURIES WITH UNCLEAR EXPLANATIONS

- Bruises, fractures, head injuries
 - Story changes over time

Write down exactly what you are told.

RED FLAG: OFFICIAL SILENCE AFTER HOSPITALIZATION

- Told they were “taken to the hospital” but given no details
 - No updates within 12–24 hours

WHAT TO DO IMMEDIATELY

1. Call the detention facility. Ask for the on-duty medical supervisor.

Write down: date, time, full name, and what they say.

2. Contact the detainee’s attorney immediately.

3. File complaints with:
 - ICE Office of Professional Responsibility
 - DHS Office for Civil Rights and Civil Liberties
4. Call your member of Congress and request a congressional inquiry.
5. Contact local immigrant advocacy organizations with rapid-response teams.
6. Start a written timeline.

Include: symptoms, missed medications, phone calls, transfers, staff names.
Documentation saves lives.

Resist Hate | [Resisth8.com](https://resisth8.com)

Because human rights do not stop at a detention center door.