

In Case of Emergency

A fully stocked first aid kit and knowing what to do in an emergency make all the difference



Sure, you have aspirin in the medicine cabinet, bandages in a drawer and antiseptic ... somewhere. But that's not going to help much when something happens that

requires first aid. Be prepared by maintaining an accessible first aid kit and knowing how to respond. Use this quick list of steps, and plan to get CPR and first aid training.

What to Do

If you're with someone when he or she experiences a severe injury, it's human nature to want to help. Follow these steps from the American Medical Association.

1. Determine if the scene is safe. If it is, do not move the person unless there is a threat, such as a burning vehicle.
2. Check to see if the person responds. If the person can talk, ask how long he or she has been there and what happened. If the person is conscious but cannot talk or if the person does not respond, call 911.
3. If the person cannot talk, determine whether he or she is breathing by opening the airway and then checking breathing. If not, perform CPR—if you have training.
4. Look for obvious signs of injury. If there is bleeding, apply pressure to the wound with a clean cloth.
5. Look for a medical ID bracelet that will alert you and emergency responders that the person has a medical condition.
6. Even if the person doesn't lose consciousness, it's a good idea to get him or her to the emergency room after a serious injury.

STOCK YOUR FIRST AID KIT

When putting together your first aid kit, include these items, as recommended by the Federal Emergency Management Agency.

- Adhesive bandages
- Antacid
- Antibiotic ointment and wipes
- Antidiarrhea medication
- Aspirin
- Burn ointment
- Eyewash solution
- Two pairs of latex gloves (or other sterile gloves, if allergic to latex)
- Laxative
- Extra supply of necessary medical supplies, such as glucose and blood pressure monitors
- Scissors
- Soap
- Sterile dressings
- Thermometer
- Tweezers



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