What you need to know

If someone has a bad bleed...	> Press on where the blood is coming from and keep pressing on it > Use a t-shirt or any clothing to press on the bleed if possible > Tell an adult and call 999	**Remember...** **Press on it**
If someone has an allergic reaction...	> Keep away from the cause of their allergy > Get the person to sit comfortably > Encourage them to take their medication if they have it > If this does not seem to help, tell an adult and call 999	**Remember...** **Get them comfortable and help them to take their medication**
If someone is having an asthma attack...	> Get the person to sit comfortably > Encourage them to use their inhaler > If this does not seem to help, tell an adult and call 999	**Remember...** **Get them comfortable and help them to use their inhaler**
If someone is upset...	> Keep calm yourself > Ask them how you can help > Listen to them > Help as best you can > Afterwards, talk to an adult who you know and trust	**Remember...** **Keep calm and listen**

If someone is choking...	> Hit the person firmly on the back up to five times > Check their mouth > If the object does not come out, tell an adult and call 999	**Remember...** **Hit their back**
If someone is unresponsive and you need to check if they are breathing...	> An unresponsive person does not move or answer you > Gently tip the person's head back to open their airway > Look, listen and feel for breaths > If they are not breathing, tell an adult and call 999	**Remember...** **Look, listen and feel for breaths**
If someone is unresponsive and breathing...	> An unresponsive person does not move or answer you > Turn them on their side > Tip their head back > Tell an adult and call 999	**Remember...** **Roll on side and tip head back**
If someone has a broken bone...	> Tell the person to keep the injury still > Support it to stop it moving – use their hand, clothes or cushions > Tell an adult and call 999	**Remember...** **Keep it still and support it**