

# EMERGENCY AID

## First Aid and Lifesaving Techniques

In the event of an emergency, call 911 for police, fire, or medical assistance. In the event of a life-threatening emergency, call 911 for police, fire, or medical assistance. In the event of a life-threatening emergency, call 911 for police, fire, or medical assistance.

### ALLERGIC REACTIONS

- What to do:** If you or someone else has an allergic reaction, call 911 immediately. If you are alone, call 911 and then follow the steps below.
- Recognize the signs and symptoms:** Hives, swelling, difficulty breathing, dizziness, and loss of consciousness.
- Call 911:** Provide the location and describe the situation.
- Administer epinephrine:** If you have an epinephrine auto-injector, use it immediately.
- Position the person:** Lay the person flat on their back. If they are having difficulty breathing, prop them up on their left side.
- Monitor the person:** Watch for changes in breathing, consciousness, and pulse.

### ANIMAL BITES / STINGS

- Insect Bites/Stings:** Wash the area with soap and water. Apply a cold compress to reduce swelling. Use an antihistamine to relieve itching.
- Snake Bites:** Wash the bite with soap and water. Do not cut, suck, or apply a tourniquet. Immobilize the limb and seek medical attention.
- Spider Bites:** Wash the bite with soap and water. Apply a cold compress. Seek medical attention if symptoms worsen.
- Other Animal Bites:** Wash the bite with soap and water. Apply a clean cloth to stop bleeding. Seek medical attention for deep wounds.

### BLEEDING

- External Bleeding:** Apply direct pressure to the wound with a clean cloth. Elevate the limb if possible. Use a tourniquet for severe limb bleeding.
- Internal Bleeding:** Look for signs of internal bleeding, such as bruising, swelling, or pain. Seek medical attention.
- Head Bleeding:** Apply direct pressure to the wound. Do not remove any objects embedded in the wound.
- Wound Care:** Clean the wound with soap and water. Apply an antibiotic ointment and a sterile bandage.

### BONE INJURIES

- Open Fractures:** Do not attempt to realign the bone. Cover the wound with a sterile dressing.
- Dislocations:** Immobilize the joint. Do not attempt to move the joint.
- Sprains and Strains:** Apply the RICE method: Rest, Ice, Compression, and Elevation.
- Fractures:** Immobilize the limb. Use a splint if available.

### BURNS / ELECTRIC SHOCK

- First Aid for Burns:** Stop the burning process. Cool the burn with water. Do not use ice or ointments.
- First Aid for Electric Shock:** Turn off the power source. Do not touch the person until they are safe.
- Wound Care:** Clean the burn with soap and water. Apply a sterile dressing.
- Seek Medical Attention:** For severe burns or electrical injuries, seek medical attention.

### EMERGENCY NUMBERS

Call 911 for the emergency medical services number for your community.

Address	City
State	Zip
Phone Number	Area Code

### DIABETIC-RELATED EMERGENCIES

- Hypoglycemia:** Give the person 15g of fast-acting carbohydrates. Recheck blood sugar in 15 minutes.
- Hyperglycemia:** Encourage the person to drink water. Seek medical attention if blood sugar is very high.
- Diabetic Ketoacidosis (DKA):** Seek medical attention immediately.

### DROWNING

- Rescue:** Get the person out of the water safely. Call 911.
- First Aid:** Check for responsiveness and breathing. Provide rescue breaths if needed.
- Transport:** Transport the person to a hospital for further evaluation.

### EYE INJURIES

- Chemical Injuries:** Flush the eye with water for at least 15 minutes.
- Foreign Objects:** Do not attempt to remove the object. Seek medical attention.
- Blunt Trauma:** Apply a cold compress to reduce swelling. Seek medical attention.

### HEAD / NECK / BACK TRAUMA

- Head Injury:** Do not move the person. Apply a cold compress to the head.
- Neck Injury:** Immobilize the neck. Do not move the person.
- Back Injury:** Immobilize the back. Do not move the person.

### POISONING

- Identify the Poison:** Note the name of the poison and the amount ingested.
- Call 911:** Provide the location and describe the situation.
- First Aid:** Do not induce vomiting. Seek medical attention.

### WEATHER-RELATED EMERGENCIES

- Heat Exhaustion:** Move the person to a cool area. Provide fluids.
- Heat Stroke:** Call 911. Cool the person with water.
- Hypothermia:** Warm the person with blankets.
- Frostbite:** Warm the affected area with warm water.

### LIFESAVING TECHNIQUES

#### CHOKING

- Recognize the Signs:** Inability to breathe, cough, or speak.
- Heimlich Maneuver:** Stand behind the person and perform the abdominal thrusts.
- Back Blows:** Deliver five back blows between the shoulder blades.
- Call 911:** If the person is unconscious, call 911.

#### CPR TECHNIQUES

- Check for Responsiveness:** Tap the person's shoulder and shout.
- Call 911:** If the person is unresponsive, call 911.
- Check for Breathing:** Look for chest rise and listen for breath sounds.
- Provide Rescue Breaths:** Tilt the head back and pinch the nose. Give two breaths.
- Perform Chest Compressions:** Place the hands in the center of the chest. Push hard and fast.

#### HEART ATTACK / CHEST PAINS

- Recognize the Signs:** Chest pain, shortness of breath, sweating, nausea.
- Call 911:** Provide the location and describe the situation.
- First Aid:** Rest the person. Do not give aspirin.

#### LOSS OF CONSCIOUSNESS

- Check for Responsiveness:** Tap the person's shoulder and shout.
- Call 911:** If the person is unresponsive, call 911.
- Check for Breathing:** Look for chest rise and listen for breath sounds.
- Provide Rescue Breaths:** Tilt the head back and pinch the nose. Give two breaths.