

## COMMON MEDICAL EMERGENCIES WHEN SECONDS COUNT....

1. Call 911 immediately. Send someone to make the call so you can stay with the person.
2. Do not move the person unless they are in immediate danger.
3. Do not give the person ANYTHING to eat or drink.
4. Teach your children how to use 911. They may have to make the call for you someday.

### Convulsions/Seizures

Call 911 immediately  
Maintain open airway  
Turn person onto one side  
DO NOT put ANYTHING into mouth  
DO NOT restrain person

### Burns

Remove the person from danger  
Keep the person comfortable  
Cool minor burned tissue  
DO NOT over cool. Maintain body heat  
DO NOT break blisters or remove burned skin or stuck clothing  
DO NOT use butter or ointments

### Eye Injuries

Flush objects with lots of water  
For exposure to chemicals, gently flush eyes with clear water. Continue until help arrives. If the object does not easily wash out, call 911  
DO NOT use drops or ointments  
If either eye is injured, cover BOTH eyes

### Neck or Back Injuries

Call 911 immediately  
DO NOT move the person  
DO NOT prop up the head  
Thrust jaw forward to open airway

### Bleeding

Stop the flow...  
1. Direct pressure on the wound  
2. Elevate wound higher than heart  
3. Firm pressure on artery near site  
If dressing becomes soaked, leave it on and place another one on top of it  
DO NOT use tourniquets!

### Broken Bones/Sprains/Strains

Keep the injured limb from moving  
If a bone protrudes through the skin, cover it with a dry dressing, but DO NOT touch  
Look for swelling, deformity and pain  
Ice packs will minimize pain and swelling

### **Poisoning/Overdose**

Call 911 immediately  
Follow directions given by Poison Control  
DO NOT induce vomiting unless instructed  
Find the container(s) of what was taken

### **Bites or Stings**

Insects  
-Remove stinger if possible  
-Apply cold compress  
Snakes  
-Keep the victim calm  
-Call 911 immediately  
-Avoid excessive movement  
-Identify or describe the snake  
-Keep the wound at or below heart level

### **Allergic Reaction**

Remember people can have a serious reaction to a number of things...FOOD, MEDICINE, INSECTS... Look for rashes, hives, swelling of the face and neck, difficulty breathing, tightness in the neck and chest, CALL 911 NOW!