

BREATHING

Allergies/Anaphylaxis

SIGNS: Hives, swelling, wheezing, dizziness, vomiting, blue lips, or diarrhea.

CARE: Call 911 if trouble breathing, change in responsiveness or symptoms of shock.
If they have an auto injector, administer it.
If EMS is delayed 5-10 minutes, inject 2nd dose.

Asthma Attack

CARE: Sit them in a comfortable position and give them their medication. (If severe, call 911).

Choking

CARE: Have them cough. If conscious, alternate between five back blows and five abdominal thrusts (Heimlich Maneuver).

CPR - Unresponsive & Not Breathing

CARE: Check surroundings shout, "are you okay?" Tap shoulder, check breathing. If they're breathing, sit in comfortable position, watch them. If they aren't breathing, call 911, start 30 compressions and 2 breaths (pinch nose shut & open airway). Repeat until help arrives or signs of life.

BONE

Strain & Sprains

CARE: Rest and minimize use of the injured part. Apply ice pack. Elevate injury if not painful.

Broken Bone

CARE: Support, create splint.

IMMEDIATE ATTENTION

Distress/Panic Attack

CARE: Show you are listening. Calmly ask how you can help. Establish trust. Be considerate.

Heart Attack/Cardiac Arrest

SIGNS: Chest pain, pressure/squeezing, or isolated unexplained discomfort.
CARE: Call 911. Give aspirin if able to chew and swallow.

Shock

SIGNS: Irritability, vomiting, drowsiness, confusion, unresponsive, pale skin, blue lips/fingernails, rapid breathing, pulse changes.
CARE: Call 911. Leave them lying flat and control any external bleeding. Raise legs. Keep from getting cold or hot. Don't give food/drink.

Stroke

SIGNS: Weaknesses, paralysis, numbness of face, arm, legs (on one side), slurred speech.
CARE: Call 911 and reassure person.

TEMPERATURE

Heat Exhaustion

SIGNS: Sweating, dehydrated, weak pulse, muscle cramps.
CARE: Give the person cool water, decaffeinated drinks. Loosen tight clothing. Spray cool water. If left untreated, can lead to heat stroke.

Heat Stroke

SIGNS: Dry skin, pale skin, headache, dizziness, weakness, exhaustion, confusion, elevated temperature, changes heart rate, and breathing.
CARE: Call 911. Go to cool place, loosen clothing, apply cool cloth. If conscious, give small amounts of water. If refuses water, vomits, or unresponsive, stop giving water.

Hypothermia

SIGNS: May be shivering, pale, cold to touch or disoriented.
CARE: Call 911. Warm slowly & wrap in blanket. Give warm drinks & high energy foods.

BLOOD

Bleeding

CARE: Apply pressure with cloth until bleeding stops. Raise wound above heart. If severe, call 911 and use a tourniquet.

Bloody Nose

CARE: Pinch bridge of nose and tilt head downwards. Have them sit down.

BITES AND STINGS

Stings

CARE: Remove stinger with fingers, credit card, or tweezers. Wash area with soap and warm water and apply antibiotic wound ointment, cream, or gel, and cover with bandage. Call 911 if allergic reaction.

Ticks

CARE: Grasp tick with tweezers, pull slowly. Remove entirely. Wash the area with soap and water and apply ointment. If the tick is not removed entirely, seek professional help.

Scorpions and Spiders

CARE: Wash wound, apply ointment, and apply ice pack. Call 911 if bitten by a poisonous scorpion or spider.

Venomous Snake

CARE: Call 911 immediately. Keep wound below the heart. Keep calm and don't walk. Gently wash and monitor until help arrives.

Animal Bites

CARE: Don't get in the middle of any animal fight. If the bleeding is serious or the animal is wild, control bleeding, but do not clean it. Call 911. If minor bleeding, wash the wound and apply antibiotic ointment with a bandage. Contact your physician to discuss the wound.

OTHER

Burns

CARE: Put burn under cool water (10 min) or apply a cool compress. Never apply ice. If severe, cover it with a clean dressing.

Concussion & Head Injury

CARE: Apply a cold compress. If dizzy, headache or vomit, call 911.

Diabetic Emergency

CARE: For a conscious person who can follow commands and swallow, give glucose tablets, chewable candies, fruit juice (orange), fruit strips, or regular non-diet soda. Call 911 if person doesn't improve.

Poisoning & Harmful Substances

CARE: Call poison control or 911. Establish what they took, when, and how much. Don't make them sick or give them a drink unless directed by poison control.

Seizure/Epilepsy

CARE: Let the seizure run its course as much as possible. Make sure their surroundings are safe to prevent injury. After, roll onto side so they can breathe and fluids can drain from their mouth.

If any of the above are severe, call 911