

Heart Attack

- 1) Symptoms-** Chest pain/pressure, shortness of breath, nausea, sweating, pain possibly in the jaw, neck, arms, shoulders and/or shoulder blades.
- 2) Treatment - Call 911.**
- 3) Monitor the victims breathing.**



Stroke

- 1) Symptoms-** Slurred speech, numbness or paralysis to one side of the body, loss of vision, severe headache.
- 2) Treatment - Call 911** and record the time of the stroke. The faster you **Call 911** the better chance the person has of regaining lost motor functions.



Shock

- 1) Skin becomes cool, pale, and sweaty. Victim may vomit, feel weak or dizzy.**
- 2) Position victim on their back.**
- 3) If victim vomits roll them their side and clean out the airway.**
- 4) Treatment - Call 911.**
- 5) Monitor the victims breathing.**



Seizures/Convulsions

- 1) Clear away all objects that may cause injury.**
- 2) Protect the head.**
- 3) DO NOT attempt to restrain the victim or stick anything in the victim's mouth.**
- 4) Treatment - Call 911.**
- 5) Monitor the victims breathing.**



Diabetes

- 1) DO NOT give insulin.**
- 2) If the victim is conscious give them some form of sugar. Preferably some type of fruit juice.**
- 3) Call 911.**
- 4) Monitor the victims breathing.**



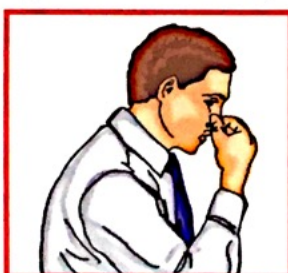
Allergic Reaction

- 1) Symptoms-** Trouble breathing, swelling, rash, loss of consciousness.
- 2) Treatment- Call 911.**
- 3) Monitor the victims breathing.**



Bee Sting

- 1) Remove stinger using a credit card or other stiff object to scrape the area (DO NOT use tweezers).**
- 2) If allergic reaction is suspected, follow the directions for allergic reaction.**



Nose Bleed

- 1) DO NOT tilt the head back.**
- 2) Pinch the bridge of the nose and tilt the head forward to prevent the victim from swallowing the blood.**
- 3) If the blood is spurting or pulsating out of the nose Call 911.**



Head and Neck Injuries

- 1) Attempt to keep the victim from moving.**
- 2) Call 911.**
- 3) Monitor the victims breathing.**



Eye Injuries

- 1) Bandage around any object sticking out.**
- 2) Cover both eyes to prevent the victim from moving them.**
- 3) Call 911.**



Poisoning

- 1) Call 911, then call poison control 1-800-222-1222** with as much information about the victim and the poison as possible.
- 2) DO NOT induce vomiting unless instructed by poison control.**



Cold Related Illness

- 1) Get the victim out of the cold environment.**
- 2) Change any wet clothing with dry ones.**
- 3) Apply blankets and seek medical attention**



Heat Exhaustion

- 1) Get the victim away from the heat source.**
- 2) Cool the victim by applying cool wet cloths.**
- 3) Offer water, a sports drink, fruit juice, or milk if the victim is conscious.**



Heat Stroke

- 1) Hot, red, dry skin.**
- 2) Call 911.**
- 3) Get the victim away from the heat source.**
- 4) Cool the victim by applying cool wet cloths.**
- 5) DO NOT give the victim any food or drink.**



Dental Emergencies

- 1) Put the tooth in milk, or a sports drink and get the victim to the dentist.**

Dislocation and Fractures

Only do the following if you have to move the victim, **and** if you can do so without hurting them any further.

Never try to relocate a displaced joint or bone, you could cause more damage.

If the bone has broken the skin do not splint. Treat for bleeding and Call **911**.



Place something under the injured body part to give it support.



Place bandages above and below the injury. **NEVER** over the injured area.



Check the limb for circulation. **DO NOT** tie too tight.



Use another bandage to keep the body part from moving.



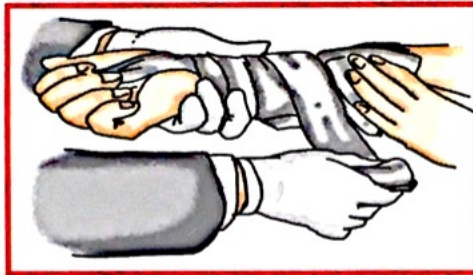
Tie off the ends.

Bleeding

Before handling any wounds, **gloves** and any other appropriate barriers should be used.



Direct Pressure with a clean sterile dressing.



Bandage wound with overlapping layers. If the blood soaks through, **DO NOT** remove the bandage; place another layer of dressing on top.



Embedded Objects

If something is embedded in the body, bandage around the object. **Do not** remove the object from the body. **Call 911**.

Closed Wounds

Treat with **R.I.C.E.**

Rest



Rest the injured body part.

Immobilize



Stabilize the injured area in the same position found. **Only** splint the injured area if the victim must be moved **and** it doesn't cause more pain.

Cold



Apply an ice pack for only 20 minutes. **Never** put ice directly on the skin, wrap it in a cloth first.

Elevation



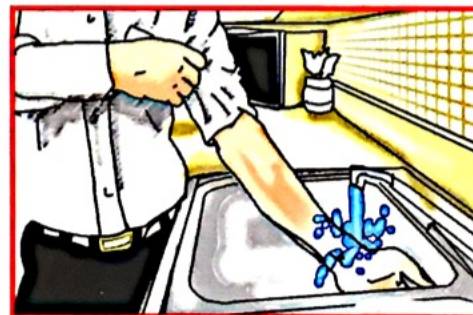
Elevate the injured body part above the heart. **DO NOT** elevate the area if it causes more pain.

Burns

Do not remove any clothing stuck to a burn.



Stop the burning.



Cool with running water. **DO NOT** apply water to a 3rd degree burn. (NEVER USE BUTTER) (NEVER USE ICE)



Cover 1st & 2nd degree burns with a clean sterile dressing. **DO NOT** apply bandages to a 3rd degree burn.