

## **1. Sudden Collapse and Seizure**

A seizure is a sudden and uncontrolled surge of electrical activity in the brain, which can cause a person to lose consciousness, exhibit uncontrollable jerking movements, and sometimes experience confusion or disorientation afterward. Seizures may be triggered by conditions such as epilepsy, head injuries, or other medical issues. If someone suddenly collapses and begins shaking uncontrollably, the first step is to ensure their safety. Move any sharp objects or furniture out of the way to avoid injury. It is also important to place the person on their side to help keep their airway open and reduce the risk of choking. Never try to restrain the person or hold them down, as this can lead to injury for both you and the individual having the seizure. You should also time the seizure: if it lasts more than 5 minutes, seek immediate medical assistance. After the seizure ends, the person may be confused or disoriented, so it's crucial to provide reassurance and let them rest until they regain full awareness.

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## **2. Chest Pain and Suspected Heart Attack**

Chest pain can be a sign of a heart attack, especially if it is accompanied by other symptoms such as shortness of breath, sweating, nausea, or pain that radiates to the arm, jaw, or back. If someone is experiencing these symptoms, it's important to remain calm and assist them in staying as comfortable as possible. Encourage the person to sit in a semi-reclined position to reduce the strain on their heart, and avoid having them lie flat. You should immediately call for emergency medical help, as time is critical in the case of a heart attack. If the person is not allergic to aspirin, giving them a 325 mg aspirin to chew slowly can help reduce the damage to the heart, though this should only be done if the person is conscious and able to swallow. While waiting for emergency help, monitor their vital signs, such as breathing and pulse, and be ready to perform CPR if necessary.

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## **3. Severe Allergic Reaction (Anaphylaxis)**

Anaphylaxis is a severe allergic reaction that can occur rapidly after exposure to certain allergens, such as foods, medications, insect stings, or environmental factors. Symptoms include swelling of the face, throat, or tongue, difficulty breathing, hives, dizziness, and a racing heart. If someone is having an anaphylactic reaction, the first thing to do is administer an epinephrine auto-injector (EpiPen) if available. This should be done immediately, as it can help counteract the severe allergic response. After administering epinephrine, it is essential to call for emergency medical help, even if the person seems to improve, because the effects of anaphylaxis can return. While waiting for help, try to keep the person calm and help them into a position that makes breathing easier, typically sitting upright and leaning slightly forward. Avoid giving the person food or drink, as this could increase the risk of choking. Prompt medical attention is necessary to prevent further complications.

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#### **4. Stroke (Cerebrovascular Accident - CVA)**

A stroke occurs when blood flow to part of the brain is interrupted, causing the brain tissue to be deprived of oxygen. The symptoms of a stroke can vary depending on the area of the brain affected but often include sudden numbness or weakness on one side of the body, difficulty speaking or understanding speech, confusion, and trouble seeing out of one or both eyes. If you suspect someone is having a stroke, it's important to act quickly. The FAST method is a simple way to recognize the symptoms: **F** for face drooping (ask the person to smile and check if one side of the face droops), **A** for arm weakness (ask the person to raise both arms and see if one arm drifts downward), **S** for speech difficulty (ask the person to repeat a simple sentence and check for slurred speech), and **T** for time to call emergency services. Call 911 immediately and provide as much information as possible about the symptoms and the time when they began. While waiting for help, keep the person calm and lying down with their head elevated. Do not give them food, drink, or medication, as this may worsen their condition.

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#### **5. Uncontrolled Bleeding**

Uncontrolled bleeding can occur after a traumatic injury or surgery, and if left untreated, it can lead to shock, a life-threatening condition. The first step in controlling bleeding is to apply direct pressure to the wound using a clean cloth, gauze, or even your hand. If the bleeding is severe, try to elevate the injured limb above the level of the heart, which can help slow the bleeding by reducing blood flow to the area. If the bleeding continues or is severe, it is important to call for emergency medical assistance immediately. In some cases, if the bleeding does not stop after 10-15 minutes of pressure, a tourniquet may be needed, but it should only be applied by someone trained to do so. Throughout this process, monitor the person's vital signs, such as pulse and breathing. If signs of shock appear, such as pale, clammy skin, rapid breathing, or confusion, keep the person warm and lying flat, and avoid giving them food or drink.

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#### **6. Broken Bone (Fracture)**

A fracture occurs when a bone is broken, which can be caused by trauma, falls, or accidents. Symptoms typically include pain, swelling, bruising, and sometimes visible deformity at the site of injury. If you suspect someone has broken a bone, the first priority is to prevent further movement of the injured area to avoid worsening the damage. If possible, immobilize the affected limb using a splint or a makeshift device, such as a sturdy stick or rolled-up towel, until medical help arrives. Applying ice to the injury can help reduce swelling, but it's important to avoid placing ice directly on the skin. Call emergency services if the fracture is severe, the bone is exposed (a compound fracture), or if the person shows signs of shock, such as a weak pulse or rapid breathing. Monitor their vital signs closely while you wait for help and reassure them as

much as possible. If bleeding occurs, apply pressure to control it, but do not attempt to realign the bone.

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## **7. Diabetic Emergency (Low or High Blood Sugar)**

Diabetic emergencies occur when blood sugar levels become dangerously high or low. Low blood sugar (hypoglycemia) can cause symptoms such as shakiness, confusion, sweating, and fainting, while high blood sugar (hyperglycemia) can lead to excessive thirst, frequent urination, and confusion. In the case of hypoglycemia, if the person is conscious and able to swallow, offer them something to eat or drink that contains sugar, such as glucose tablets, orange juice, or regular soda. It's crucial to act quickly, as untreated hypoglycemia can lead to unconsciousness or seizures. If the person is unconscious, do not attempt to give them anything orally and call for emergency medical help. In the case of hyperglycemia, encourage the person to drink water and monitor their condition closely. If they have insulin, assist them in taking their prescribed dose, but never administer medication yourself unless instructed by a healthcare provider. Call emergency services if the symptoms do not improve or worsen, and be prepared to provide any relevant medical history to responders.

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## **8. Heat Stroke**

Heat stroke occurs when the body's temperature regulation system fails due to prolonged exposure to extreme heat. The symptoms include confusion, a rapid pulse, dry skin (even though the person may have been sweating), dizziness, and fainting. If someone is experiencing heat stroke, it is important to act quickly to prevent serious damage to vital organs. First, move the person to a cooler area, such as an air-conditioned room or a shaded spot outdoors. Remove any excess clothing and try to cool the person down by applying cool (not ice-cold) water to their skin or using cool packs around their neck, armpits, and groin. Hydration is crucial, so encourage the person to drink cool water or electrolyte-rich drinks if they are conscious and able to swallow. If the person's condition worsens or they lose consciousness, call emergency services immediately. In cases of severe heat stroke, the person may need intravenous fluids and professional medical care.

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## **9. Drowning**

Drowning occurs when someone is submerged in water and unable to breathe, leading to potential suffocation. The signs of drowning may not always be obvious, especially if the person is unable to call out for help. If you are able to safely rescue the person from the water, the first step is to assess their breathing. If they are not breathing, you should begin CPR immediately. Start with 30 chest compressions and 2 rescue breaths, repeating this cycle until the person

starts to breathe on their own or emergency responders arrive. Even if the person regains consciousness, they may have water in their lungs, so it's important to seek medical help right away. If the person is conscious and able to cough, encourage them to clear their airways. While waiting for medical help, keep the person warm and monitor their condition closely.

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## **10. Fainting (Syncope)**

Fainting, or syncope, occurs when there is a temporary drop in blood flow to the brain, often caused by standing up too quickly, dehydration, or other factors. The person may feel lightheaded, dizzy, or weak before losing consciousness. If someone faints, the first step is to help them lie down on their back to restore blood flow to the brain. Elevating their legs slightly can also assist in this process. After the person regains consciousness, encourage them to stay lying down for a few minutes to ensure they do not faint again. If the person does not wake up within a minute, appears to be breathing irregularly, or shows signs of chest pain, call emergency services. It is also important to assess any other possible underlying conditions, such as heart problems or dehydration, that might have caused the fainting episode.