

# Medical Emergency Practical Guide

## 1. Assess the Situation

- Stay calm and ensure the scene is safe for yourself and others.
- Identify the type of emergency (injury, illness, accident, allergic reaction, etc.).
- Call for help if necessary (911 in the US or local emergency number).

## 2. Basic Life Support (BLS)

### Check Responsiveness

- Tap the person gently and shout: "Are you okay?"
- If unresponsive, call emergency services immediately.

### Airway, Breathing, Circulation (ABC)

1. Airway: Ensure the airway is clear. Tilt the head back and lift the chin.
2. Breathing: Look, listen, and feel for breathing for 10 seconds. If not breathing normally, begin rescue breaths.
3. Circulation: Check for a pulse. If absent, start CPR:
  - Adults: 30 chest compressions followed by 2 rescue breaths.
  - Children/Infants: 30 compressions and 2 breaths (1 person), 15:2 (2 persons).
  - Push hard and fast, 100-120 compressions/min.

## 3. Control Bleeding

- Apply direct pressure to the wound with a clean cloth or bandage.
- Elevate the injured area if possible.
- Use a tourniquet only if severe bleeding cannot be controlled.

## 4. Treat Shock

- Lay the person flat on their back.
- Elevate legs unless there is a spinal injury.
- Keep them warm and calm.
- Monitor breathing and pulse continuously.

## 5. Handle Specific Emergencies

### Heart Attack

- Symptoms: chest pain, shortness of breath, nausea, sweating.
- Call emergency services immediately.
- Give aspirin if not allergic and conscious.

### Stroke

- Symptoms: facial drooping, arm weakness, speech difficulty.
- Note the time of onset.
- Seek emergency care immediately.

### Choking

- If the person can't cough, speak, or breathe, perform the Heimlich maneuver (abdominal thrusts).
- For infants: back blows and chest thrusts.

### Severe Allergic Reaction (Anaphylaxis)

- Symptoms: swelling, hives, difficulty breathing.
- Administer epinephrine immediately if available.
- Call emergency services.

### Burns

- Cool the burn with running water for 10-20 minutes.
- Remove tight items (rings, bracelets).
- Cover with a clean, non-stick cloth.
- Seek medical care for severe burns.

## 6. Monitor and Reassure

- Stay with the person until help arrives.
- Keep them calm and comfortable.
- Provide updates to emergency personnel.

## 7. Emergency Kit Essentials

- First aid supplies (bandages, gauze, antiseptic).

- CPR mask or barrier device.
- Gloves and hand sanitizer.
- Emergency medications (epinephrine, inhaler, aspirin).
- Blanket, scissors, and flashlight.