

Condition: Breathing Stop

First Message:

"Stay calm, don't panic. If someone's breathing has stopped, act quickly. Follow these steps immediately."

Steps for first aid:

1. Place your ear near their mouth and nose to check for breath. Look at their chest to see if it rises and falls.
2. If they are not breathing, call 911 immediately and begin CPR.
3. Perform chest compressions by placing one hand on top of the other in the center of their chest. Press firmly and quickly, about 2 inches deep, at a rate of 100-120 compressions per minute.
4. After every 30 compressions, tilt their head back, pinch their nose, and give two rescue breaths into their mouth.
5. Continue this cycle of chest compressions and rescue breaths until the person starts breathing again or emergency help arrives.

Condition: Burns

First Message:

"Stay calm. Burns can hurt, but quick action can help reduce the damage. Follow these steps carefully."

Steps for first aid:

1. Hold the burned area under cool running water for 10–15 minutes or place a clean, cool, wet cloth on the burn.
2. Remove any jewelry or tight items near the burn, but do not remove anything stuck to the skin.
3. Cover the burn with a clean, non-stick dressing to protect it.
4. Avoid popping blisters, as this increases the risk of infection.
5. Seek medical help if the burn is large, deep, or affects the face, hands, feet, or genitals.

Condition: Fracture

First Message:

"Stay calm. Broken bones need care, but don't move the injured area. Follow these steps to help safely."

Steps for first aid:

1. Keep the injured person still and avoid moving the fractured limb.
2. Use a splint or rigid object to immobilize the injured area. Secure it with a cloth or bandage, ensuring it does not cut off circulation.
3. Apply an ice pack wrapped in a cloth to reduce swelling and pain.
4. Elevate the injured limb if possible.
5. Seek immediate medical help, especially if the bone is protruding, the area is numb, or there is heavy bleeding.

Condition: Sting Bite

First Message:

"Stay calm. Most stings are not dangerous. Follow these steps to reduce pain and swelling."

Steps for first aid:

1. Scrape out the stinger gently with a flat object like a credit card. Avoid squeezing it, as this may release more venom.
2. Wash the sting area with soap and water to clean it.
3. Apply a cold pack wrapped in a cloth to the sting for 10–15 minutes to reduce swelling.
4. Take an over-the-counter antihistamine like Benadryl to relieve itching and swelling.
5. Seek medical help immediately if the person experiences difficulty breathing, swelling of the face, or dizziness.

Condition: Heart Attack

First Message:

"Stay calm. A heart attack is serious, but acting quickly can save a life. Follow these steps carefully."

Steps for first aid:

1. Call 911 immediately and explain the symptoms to emergency services.
2. Help the person sit down and lean slightly forward to reduce strain on their heart.
3. If they are not allergic, give them a 300mg aspirin to chew slowly, which helps thin the blood.
4. Reassure the person and encourage them to stay calm and still while waiting for help.
5. If they lose consciousness and stop breathing, begin chest compressions and rescue breaths immediately.

Condition: Drowning

First Message:

"Stay calm. Drowning is an emergency, but following these steps can save a life."

Steps for first aid:

1. Carefully remove the person from the water, supporting their head and neck if possible.
2. Check if the person is breathing. If they are not breathing, start CPR immediately.
3. Tilt their head back to open the airway and check for any obstructions.
4. Give two rescue breaths and check if their chest rises. If it doesn't, continue CPR with chest compressions.
5. Call 911 even if the person appears to recover, as they may need medical evaluation.

Condition: Snake Bite

First Message:

"Stay calm. A snake bite can be serious, but quick action can save a life. Follow these steps."

Steps for first aid:

1. Keep the person calm and still to slow the spread of venom.
2. Immobilize the bitten limb and keep it below the level of the heart.
3. Do not apply ice, cut the wound, or try to suck out the venom.
4. Wash the bite area with soap and water to reduce infection risk.
5. Call 911 immediately and provide a description of the snake if possible.

Condition: Scorpion Bite

First Message:

"Stay calm. Most scorpion bites are not life-threatening. Follow these steps to reduce discomfort."

Steps for first aid:

1. Wash the bite area with soap and water to clean the wound.
2. Apply an ice pack wrapped in a cloth to the sting for 10 minutes to reduce swelling.
3. Take over-the-counter pain relievers like ibuprofen to ease pain.
4. Watch for signs of difficulty breathing or severe pain, and seek medical help if these symptoms occur.

Condition: Choking

First Message:

"Stay calm. Choking can be life-threatening, but quick action can save the person. Follow these steps."

Steps for first aid:

1. Stand to the side and slightly behind the choking person or child (aged older than one year).
2. Support their chest with one hand and bend them forward.
3. Give five firm blows between their shoulder blades using the heel of your free hand.
4. Check if the object has come out and if the person can breathe. If not, perform the Heimlich maneuver.
5. For infants, alternate between five back blows and five chest thrusts until the object is expelled.

Condition: Bruises

First Message:

"Stay calm. Bruises are usually not serious. Follow these steps to treat them and reduce swelling."

Steps for first aid:

1. Apply an ice pack wrapped in a cloth to the bruised area for 10–15 minutes to reduce swelling.
2. Elevate the bruised limb above heart level, if possible.
3. Rest the injured area and avoid putting pressure on it.
4. Take over-the-counter pain relievers if necessary.
5. Seek medical help if the bruise is unusually large, painful, or appears without injury.

Condition: Bleeding

First Message:

"Stay calm. Bleeding can be controlled with quick action. Follow these steps to stop the bleeding."

Steps for first aid:

1. Apply firm pressure to the wound with a clean cloth or sterile bandage to stop the bleeding.
2. If possible, elevate the injured area above heart level to reduce blood flow to the wound.
3. If the blood soaks through the cloth, do not remove it; instead, add another layer on top and continue applying pressure.
4. Once the bleeding slows, wrap the wound firmly with a clean bandage to keep it covered.
5. Seek medical attention immediately if the bleeding is severe, doesn't stop after 10 minutes of pressure, or if the wound is deep or large.

Condition: High Fever

First Message:

"Stay calm. High fever can often be managed at home. Follow these steps to help reduce it."

Steps for first aid:

1. Place a cool, damp cloth on the person's forehead, wrists, and back of the neck to help bring their temperature down.
2. Encourage them to drink plenty of water or electrolyte-rich fluids to prevent dehydration.
3. Avoid heavy blankets or warm clothing; dress them in light clothing to keep them cool.
4. Administer an over-the-counter fever reducer such as acetaminophen (Tylenol) or ibuprofen as directed on the label.
5. Seek medical help if the fever exceeds 104°F (40°C), lasts more than 24 hours, or is accompanied by confusion, seizures, or difficulty breathing.

Condition: Nose Bleeding

First Message:

"Stay calm. Nosebleeds are common and usually not serious. Follow these steps to stop the bleeding."

Steps for first aid:

1. Sit the person down and have them lean slightly forward to avoid swallowing blood.
2. Pinch their nostrils together firmly for 5–10 minutes to help stop the bleeding.
3. Place a cold compress or ice pack on the bridge of their nose to reduce blood flow.
4. Avoid blowing the nose or bending forward for several hours after the bleeding stops.
5. Seek medical help if the bleeding lasts more than 20 minutes or occurs after a head injury.

Condition: Electrical Shocks

First Message:

"Stay calm. Electrical shocks can cause hidden injuries. Follow these steps to help safely."

Steps for first aid:

1. Turn off the power source immediately if it is safe to do so. Avoid touching the person if they are still connected to the electrical current.
2. Once the power is off, check if the person is breathing and conscious.
3. If they are not breathing, start CPR and call 911 immediately.
4. Cover any visible burns with a clean, non-stick dressing, but avoid applying ointments or creams.
5. Seek medical help, even if the person seems fine, as electrical shocks can cause internal injuries.

Condition: Foreign Object in Eye, Ear, Nose

First Message:

"Stay calm. Foreign objects can often be removed safely. Follow these steps to help."

Steps for first aid:

1. For the **eye**, do not rub it. Flush it gently with clean water or saline solution. If the object does not come out, cover the eye with a clean cloth and seek medical help.
2. For the **ear**, tilt the head to the side and try to gently shake the object out. Do not insert anything into the ear.
3. For the **nose**, ask the person to breathe through their mouth and gently blow their nose. If the object doesn't come out, avoid using tools and seek professional assistance.

Condition: Poisoning

First Message:

"Stay calm. Poisoning is serious, but quick action can save a life. Follow these steps carefully."

Steps for first aid:

1. Identify the type of poison (e.g., chemicals, medications, plants) and how it was ingested, inhaled, or absorbed.
2. Call 911 or a poison control center immediately for guidance.
3. Do not induce vomiting unless instructed to do so by medical professionals.

4. If poison is on the skin or eyes, rinse with clean water for at least 15 minutes.
5. Keep the person calm and monitor their breathing and responsiveness while waiting for help.

Condition: Panic Attacks

First Message:

"Stay calm. Panic attacks are not dangerous but can feel overwhelming. Follow these steps to help."

Steps for first aid:

1. Encourage the person to take slow, deep breaths. Have them inhale through their nose for 4 seconds, hold for 4 seconds, and exhale through their mouth for 4 seconds.
2. Speak reassuringly and remind them that the feelings will pass.
3. Help them focus on a single object, like describing its color or shape, to distract their mind.
4. Move to a quiet, safe space away from crowds or noise if possible.
5. Suggest they seek professional help if panic attacks occur frequently or are disruptive to their daily life.

Condition: Mad Dog Bite

First Message:

"Stay calm. Dog bites can be serious, especially if the dog may have rabies. Follow these steps immediately."

Steps for first aid:

1. Wash the wound thoroughly with soap and water for at least 5 minutes to remove saliva and dirt.
2. Apply an antiseptic or disinfectant to the wound to reduce the risk of infection.
3. Cover the wound with a clean dressing or bandage.
4. Seek medical help immediately for rabies vaccination or other treatments.
5. Report the bite to local authorities so the dog can be observed for signs of rabies.

Condition: Animal Bites

First Message:

"Stay calm. Animal bites can cause infections but can be managed with quick care. Follow these steps."

Steps for first aid:

1. Clean the bite wound with soap and water for at least 5 minutes to remove bacteria.
2. Apply pressure with a clean cloth if there is bleeding.
3. Use an antiseptic to disinfect the wound and prevent infection.
4. Cover the bite with a sterile dressing and seek medical advice for tetanus shots or antibiotics.
5. Observe the animal for unusual behavior and report the incident if necessary.

Condition: Vomiting and Dehydration

First Message:

"Stay calm. Vomiting can lead to dehydration, but proper care can help. Follow these steps."

Steps for first aid:

1. Give the person small sips of water or an oral rehydration solution (ORS) to replace lost fluids. Avoid giving large amounts at once.
2. Encourage them to rest and avoid solid food until vomiting stops.
3. Monitor for signs of dehydration, such as dry mouth, sunken eyes, or no urination for several hours.
4. Gradually reintroduce bland foods like rice or bananas once they feel better.
5. Seek medical help if vomiting persists for more than 24 hours or if there are signs of severe dehydration.

Condition: Broken or Lost Teeth

First Message:

"Stay calm. Dental injuries can be treated. Follow these steps to care for broken or lost teeth."

Steps for first aid:

1. Rinse the mouth with warm water to clean the area. If bleeding, place gauze on the gum and bite down gently to stop it.
2. For a knocked-out tooth, pick it up by the crown (not the root), rinse it gently, and place it back in the socket if possible.
3. If you cannot reinsert the tooth, store it in milk or saliva to keep it moist.
4. Apply a cold compress to the cheek to reduce swelling.
5. Visit a dentist as soon as possible for further treatment.