**✅ Emergency Situations You Can Treat Without Equipment**

**1. Choking (Mild to Moderate)**

* **What you can do:** Use back blows and abdominal thrusts (Heimlich maneuver)
* **No tools needed**—just your hands and technique
* For adults, children, and even babies (with modified approach)

**2. Nosebleeds**

* **What you can do:** Tilt head slightly forward, pinch nostrils, breathe through the mouth
* Apply a cold compress if available
* **Do not** tilt the head backward

**3. Fainting / Dizziness**

* **What you can do:** Lay the person flat, raise their legs, loosen tight clothing
* Ensure fresh air and monitor breathing
* Most cases resolve in minutes

**4. Minor Cuts & Scrapes**

* **What you can do:** Clean with clean water, press to stop bleeding, and cover with a clean cloth or bandage
* Soap and water are often enough

**5. Minor Burns (First-Degree)**

* **What you can do:** Run cool water over the burn for 10–15 minutes
* Avoid using ice or butter
* Cover loosely with clean cloth

**6. Seizure (Epilepsy)**

* **What you can do:** Let the person lie on their side, remove nearby harmful objects
* **Do not** try to hold them down or put anything in their mouth
* Stay calm and time the seizure

**7. Allergic Reaction (Mild)**

* **What you can do:** Calm the person, remove the allergen (e.g., food, insect)
* Watch for worsening signs (breathing difficulty = emergency)

**8. Asthma Attack (if inhaler not available)**

* **What you can do:** Keep the person calm, sitting upright
* Encourage slow, steady breathing
* Avoid triggers (dust, strong smells)

**9. Splinters / Small Foreign Objects**

* **What you can do:** Wash area and remove with clean tweezers
* Clean again and apply clean covering

**10. Heat Exhaustion / Sunstroke (Mild)**

* **What you can do:** Move to a cooler area, give sips of water, apply wet cloth
* Loosen tight clothes

**11. Hyperventilation / Panic Attack**

* **What you can do:** Talk calmly, guide breathing (slow and deep), count together
* No equipment needed—just reassurance

**12. Dehydration (Mild to Moderate)**

* **What you can do:** Give small sips of water or homemade ORS (salt + sugar + water)
* Rest and cool environment

**13. Insect Bites or Bee Stings (Mild)**

* **What you can do:** Remove stinger if visible, wash with soap and water, apply cold compress
* Observe for allergic reactions