

<p>First aid Quick reference</p> <p>When in doubt call 911 or direct someone to call 911. Remember to have that person inform you when 911 is on the line</p> <p>CHECKING AN INJURED OR SICK PERSON</p> <p>1) Check for responsiveness. Tap the shoulder and shout “are you OK”</p> <p>2) Check for: Breathing, Bleeding, choking, and injuries</p>	<p>SIGNS OF A HEART ATTACK</p> <p>Discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It feels like uncomfortable pressure, squeezing, fullness or pain. Sudden abnormal fatigue, rapid or skipping heartbeat, difficulty breathing, cold sweat, nausea, lightheadedness. Pain in the chest, back, neck, jaw, or stomach, left arm in men or either arm in women. Minutes matter</p> <p>Call 911 immediately</p>	<p>SIGNS OF A STROKE</p> <p>Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven? Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward? Is speech slurred? Is the person unable to speak or hard to understand Ask the person to repeat a simple sentence, like "The sky is blue" Is the sentence repeated correctly? Call 911 and get to the hospital, even if the symptoms go away.</p>	<p>HANDS ONLY CPR</p> <p>Push hard, push fast in the middle of the chest at least 2 inches deep and at a rate of at least 100 compressions per minute. The person must be on a firm, flat surface.DO NOT STOP. Tell someone to find an AED Automated External Defibrillator follow the instructions</p> <p>RESCUE BREATHING</p> <p>Tilt the head back and lift the chin up. Pinch the nose shut and make a complete seal over the mouth. Blow in for 1 second to make the chest rise.</p>
<p>CHOKING</p> <p>If a person is choking and can't cough on their own; Call 911, do 5 back blows then 5 abdominal thrusts, continue until they can cough on their own.</p> <p>Back blows Bend the person forward at the waist, using the heel of your hand hit them between the shoulder blades.</p> <p>Abdominal Thrusts Place fist just above the navel with thumb side in. Cover fist with your other hand, quickly pull upward into the abdomen</p>	<p>BLEEDING Use one layer sterile dressing(if available) then add multiple layers with direct pressure till bleeding stops. If bleeding does not stop call 911 then use more bandages and greater pressure. With major bleeding only a doctor should remove the bandage.</p> <p>Head neck or spine injury Do not move the patient call 911. Stabilize their head without moving them by placing your hands on either side of their head.</p>	<p>Burns 1st degree; run under cool (not cold) water for 10-20 minutes. 2nd degree; run under cool water till pain is fully relieved, cover with a loose sterile dressing, do not use ointments until a doctor examines the burn. 3rd degree; cool burn with slow running water call 911.</p> <p>Recovery Position If they are unconscious make sure fluid in the mouth does not cause them to suffocate by rolling them on their side. Make them stable by sticking out an arm or leg</p>	<p>Allergic reactions</p> <p>Major Call 911 Administer EpiPen. If that is not available administer 4hr Benadryl.</p> <p>Minor but worrisome Administer 4hr Benadryl. If they have trouble breathing call 911.Use topical hydrocortisone if appropriate</p> <p>Poisoning If life-threatening or unconscious call 911. If conscious call the national poison control center at 1–800–222–1222.</p> <p>Treating shock Carefully lay down the patient and keep them warm with a blanket</p>

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<p>Aspirin 325mg Treat a heart attack while waiting for medic</p> <p>Benadryl Allergy 4hr Treat minor allergy reaction</p> <p>Hydrocortisone cream Treat topical allergic reaction</p> <p>Topical antibiotic Prevent infection and reduce scaring</p> <p>Ibuprofen or alieve anti inflammatory, pain, fever</p> <p>Tylenol pain</p> <p>Smarties or glucose tabs 18g sugar for diabetic low blood sugar</p> <p>Sunscreen Prevent sunburn during unexpected weather.</p> <p>Hand Sanitizer wipes Stop the spread of disease and infection on hands also use on hard surfaces like keyboards, mice, phones.</p> <p>Alcohol wipes: cleaning medical tools and unbroken skin. Alcohol on open wounds can damage skin, slowing healing.</p> <p>BNK wipes: For cleaning open wounds when clean water is not available.</p> <p>Band-Aids Protect small wounds.</p> <p>small gauze pads Sterile layer to go directly against wound.</p> <p>Tweezers Remove Slivers to reduce infection.</p> <p>Thermometer Diagnosis hypothermia and hyperthermia</p> <p>Charged cellphone: to contact emergency services</p> <p>CPR and First Aid guide</p>	<p>These items were chosen because they Treat ailments that can cause death or major disability.</p> <p>B8 Document pouch is the smallest pouch that fits everything well. Search the web for mesh zipper document pouch.</p> <p>Allergy tablets take 2 every 4 hours</p> <p>Allergy tablets take 2 every 4 hours</p> <p>Allergy tablets take 2 every 4 hours</p> <p>Emergency Medical card Inside</p>	<p>Aspirin 325mg</p> <p>Benadryl Allergy 4hr</p> <p>Hydrocortisone cream</p> <p>Band-Aids</p> <p>small gauze pads</p> <p>Tape wrapped around pouch</p> <p>Topical antibiotic</p> <p>Hand Sanitizer wipes</p> <p>Alcohol wipes.</p> <p>BNK wipes</p> <p>Tweezers</p> <p>Thermometer</p> <p>Sunscreen</p> <p>Smarties or glucose tabs (18g sugar)</p> <p>CPR and First Aid guide</p> <p>emergency phone #'s</p> <p>charged cell phone</p> <p>CPR and First Aid guide</p>	<p>Emergency Medical card</p> <p>What to include on this card: Name, Medical conditions, Medications, Allergies, Emergency Contacts (ICE)</p>
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