**What to Do in Case of:**

### **Heart Attack:**

* **Dial your local emergency number**.
* **Stay Calm**: Keep yourself or the affected person calm to minimize stress.
* **Chew Aspirin**: If the person is conscious and not allergic to aspirin, have them chew a 325mg aspirin.
* **Keep the Person Comfortable**: If conscious, have them sit down and remain calm. Avoid physical activity.
* **Monitor Symptoms**: Track any changes in symptoms like pain intensity or loss of consciousness to inform emergency responders.
* **Administer CPR (if needed)**: If the person loses consciousness and is not breathing, start CPR (Cardiopulmonary Resuscitation) immediately:
  + Push hard and fast in the center of the chest at a rate of 100-120 compressions per minute.
* **Emergency Video Tutorial**: https://www.youtube.com/watch?v=2PngCv7Njal

### **Seizure:**

* **Stay Calm and Keep Others Calm**: Ensure the person having the seizure is in a safe environment and that others are not panicking.
* **Protect the Person from Injury**:
  + Gently guide them to the ground if they are standing or sitting.
  + Move any objects or furniture that could cause harm away from the person.
  + Place something soft, like a folded jacket, under their head to protect it from injury.
* **Do Not Restrain**: Avoid holding the person down or trying to stop their movements, as this can cause injury.
* **Do Not Put Anything in Their Mouth**: Putting objects or your hand in the person’s mouth is dangerous and can cause injury or choking. They cannot swallow their tongue.
* **Monitor Seizure Duration**: Most seizures last 2-3 minutes. If over 5 minutes, call emergency services.
* **After Seizure**: Roll the person onto their side to help clear the airway and allow fluids (like saliva) to drain.
* **Offer Reassurance**: After the seizure, reassure the person as they may feel disoriented or scared.

### **Choking:**

* **Assess the Situation**: If they can cough, encourage them to do so. If they can't breathe, speak, or cough, proceed with the Heimlich maneuver.
* **Perform Heimlich Maneuver**:
  + **For Adults**: Stand behind them, place a fist above the navel, and give quick inward and upward thrusts.
  + **For Infants**: Perform 5 back blows followed by 5 chest thrusts.

#### **Back Blows (for Infants):**

* Hold the infant face-down with their head lower than the chest and give 5 firm back blows between the shoulder blades.

#### **Chest Thrusts (for Infants):**

* Turn the infant face-up and give 5 chest thrusts by pressing two fingers in the center of the chest about 1.5 inches deep.
* **If Unconscious**: Call emergency services, start CPR, and check for the object (remove if visible). Seek medical help even if the person starts breathing.

### **Severe Bleeding:**

* **Symptoms**: Continuous bleeding, large or deep cuts, or significant blood loss.
* **What to Do**:
  + Apply direct pressure with a clean cloth or bandage.
  + Elevate the injured area above heart level if possible.
  + Call emergency services if bleeding is severe or signs of shock occur (e.g., pale skin, rapid heartbeat, confusion).

### **Heat Stroke:**

* **Symptoms**: High body temperature (over 104°F/40°C), confusion, nausea, rapid pulse, red, hot, dry skin, loss of consciousness.
* **What to Do**:
  + Move to a cooler environment.
  + Cool the person by offering cool water, applying cold packs, or using a fan.
  + Call emergency services immediately for severe cases.

### **Severe Burns:**

* **Symptoms**: Blisters, intense pain, or charring of the skin.
* **What to Do**:
  + For minor burns, run cool (not cold) water over the burn for 10-20 minutes.
  + For severe burns, cover with a clean cloth or bandage without removing burned clothing. Seek medical attention immediately.

### **Fractures (Broken Bones):**

* **Symptoms**: Deformity, severe pain, inability to move the affected area, swelling, bruising.
* **What to Do**:
  + Immobilize the area to prevent further injury.
  + Apply ice wrapped in cloth to reduce swelling.
  + Seek immediate medical attention, especially if the bone is protruding through the skin.

### **Poisoning:**

* **Symptoms**: Nausea, vomiting, dizziness, difficulty breathing, confusion, or loss of consciousness.
* **What to Do**:
  + Call emergency services immediately.
  + Do not induce vomiting unless directed by poison control or a medical professional.
  + Keep the poison container or label when seeking medical help.

### **Panic Attack:**

* **Symptoms**: Rapid heartbeat, sweating, dizziness, chest pain, shortness of breath, feeling of choking or suffocation.
* **What to Do**:
  + Encourage slow, deep breathing.
  + Offer reassurance and remain calm.
  + Call for medical help if symptoms are severe or if it's the person's first panic attack.

### **Drowning:**

* **Symptoms**: Difficulty breathing, coughing, or the person being submerged.
* **What to Do**:
  + Rescue them from water (only if safe to do so).
  + Perform CPR if the person is not breathing.
  + Call emergency services immediately for severe cases.

### **Electric Shock:**

* **Symptoms**: Burns, muscle spasms, difficulty breathing, unconsciousness.
* **What to Do**:
  + Turn off the power source (if safe).
  + Call emergency services for immediate help.
  + If unconscious or not breathing, perform CPR until help arrives.

### **Snake Bite:**

* **Stay Calm**: Keep the victim calm and still.
* **Call Emergency Services**: Seek immediate medical help.
* **Immobilize the Area**: Keep the bitten limb at or below heart level.
* **Remove Tight Clothing or Jewelry**: Allow for swelling.
* **Clean the Wound**: Gently wash with water but do not suck out venom or apply ice.
* **Monitor the Victim**: Keep track of breathing, pulse, and consciousness.
* **Identify the Snake (if safe)**: Note its appearance for correct treatment.
* **Do Not**: Cut the wound, apply ice, or give alcohol/caffeine. Get medical help quickly.