

# FIRST AID



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## HEART ATTACK

**Symptoms:** Chest pain, pressure or squeezing, pain in both arms, back, shoulder, neck jaw or upper part of stomach.

**Care:** Call 911. Offer Aspirin. Prepare for CPR and AED.



## STROKE

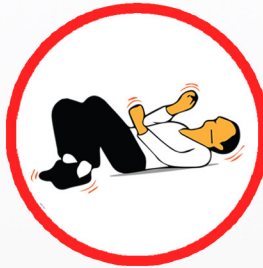
**Symptoms:**

**Face:** Does one side of the face droop?

**Arm:** Have them raise both arms. Does one side drift down?

**Speech:** Have victim say a simple sentence. Is speech SLURRED?

**Time:** Please time symptoms and call 911.



## SEIZURES

**Symptoms:** A person having a seizure may have uncontrollable jerking of arms or legs or stare off into space. They may also lose consciousness or awareness.

**Care:** Allow the seizure to run its course. Protect the head and roll the victim on their side. DO NOT put anything in victim's mouth.



## DIABETES

**Symptoms:** Dizziness, shaking, sweating, clamminess, hunger, nervousness or anxiety, irritability, rapid pulse.

**Care:** Give the victim some form of sugar, preferably fruit juice. DO NOT give insulin. If no improvement in 10 minutes, call 911.



## HEAT EMERGENCIES

**Care:** Remove victim from heat. Offer sports drink, coconut water, milk or water to drink. Remove excessive clothing. Add ICE bags to neck, armpits and groin, and call 911 if condition worsens.



## SHOCK

**Symptoms:** Cool, pale, sweaty skin, possible vomiting, weakness or dizziness.

**Care:** Call 911. Position victim on back and cover with blanket to prevent heat loss.

If victim vomits, roll them on their side.



## ALLERGIC REACTION

**Symptoms:** Skin rashes, itching, hives, Shortness of breath, dizziness or fainting, stomach pain, vomiting or diarrhea.

**Care:** Call 911. Use an EPIPEN or BENADRYL if victim has it.



## NOSE BLEED

**Care:** Have the victim lean forward and pinch nose shut at nostrils. Put ice on bridge of the nose.



## POISONING

**Care:** Remove person from source of poison. Call 911 or Poison Control at 1-800-222-1222. Do NOT make victim vomit.



## COLD EMERGENCIES

**Care:** Move the victim to a warm environment. Remove wet clothing and warm gradually with skin to skin contact, blankets, gloves, hats and socks.



## HEAD INJURIES/SPRAINS, FRACTURES AND DISLOCATIONS

**Care:** Tell the victim NOT to move. Control any external bleeding and Call 911.



## DENTAL EMERGENCIES

**Care:** Put tooth or tooth fragment in victim's saliva, milk, egg white or coconut water. Contact a dentist within 24 hours.



## BURNS

**Care:** Remove from source of burn. Cool with cool running water for at LEAST 10 minutes. Cover burn with plastic wrap or with a loose sterile dressing.



## BLEEDING

**Care:** Cover with a clean sterile dressing. Wrap tightly with a roller bandage. If blood soaks through, apply a tourniquet above wound site. Wrap AROUND any impaled objects.



## TICKS

**Ticks:** Remove the tick with tweezers as close to the head as possible

**Bee Sting:** Remove the stinger by scraping the stinger away with a stiff credit card.