



EMERGENCY

Basic Emergency Care Guidelines

- Do not move the ill or injured person unless they are in immediate danger
- Call 9-1-1 immediately! If you can send someone to call for help so you can stay with the person.
- Do not give the person anything to eat or drink or allow them to smoke
- Keep the person calm and still

Bleeding-

- Have the person lie down & raise their feet higher than their head
- Apply firm, direct pressure over the wound to stop bleeding. Use the cleanest pad available. Use a cloth, clothing or handkerchief if necessary. Maintain the pressure until EMS arrives.
- If the pad becomes blood-soaked, leave it on and put another one on top of it.
- Elevate the injured limb, unless a fracture is involved
- Avoid coming in contact with the blood
- DO NOT use tourniquets

Broken Bones-

- Keep the injured limb from moving
- If you suspect multiple broken bones, or the bone is protruding or the neck, back pelvis or thigh may be broken, DO NOT move the person unless they are in immediate danger
- Apply cold (not ice) packs to minimize swelling
- If a bone is protruding through the skin, DO NOT try to push it back in. Cover it with a dressing and use direct pressure if there is excessive bleeding.

Insect Bites-

- Remove stinger if possible by scraping (not pinching)
- Apply a cold compress
- Call 9-1-1 immediately if there are breathing problems or any other reactions
- Remove person from danger and source of the burn if it is safe to do so
- Cover burned area with cool, wet cloth but do not over cool
- Raise burned arms or legs higher than the person's heart
- DO NOT break blisters or remove burned skin
- DO NOT use butter, ointments or home remedies
- For small burns, immerse in cool water
- Preserve normal body temperature

Snake Bites-

- Keep the person calm and have them sit quietly
- Try to describe or identify the snake without endangering yourself

Head, Neck & Back Injuries-

- Call 9-1-1 Immediately...DO NOT wait to see if pain eases
- Keep the person still and calm
- DO NOT clean severe, deep cuts
- Cover cuts with clean cloth
- DO NOT apply heavy pressure to bleeding area
- DO NOT attempt to stop bleeding from the ears, nose or mouth

Poisoning-

- Call **9-1-1** & Florida Poison Control, **1-800-222-1222** and describe the product, the amount taken and time it was taken
- Look inside the person's mouth for burns that would indicate acid or alkali. If present, **DO NOT** induce vomiting
- Send the container of the suspected poison to the hospital with the patient