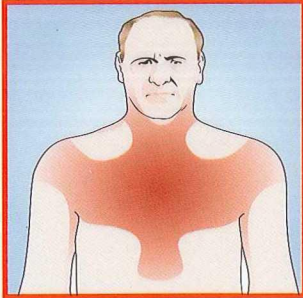


First Aid

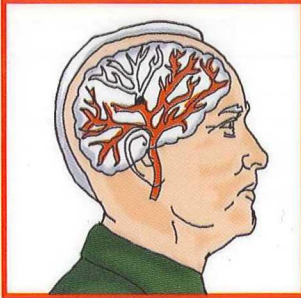
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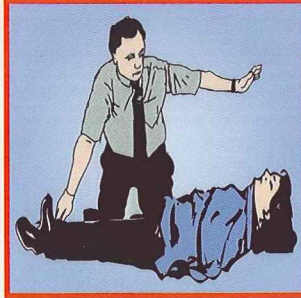
Heart Attack

- 1) Symptoms-** Chest pain/pressure, shortness of breath, nausea, sweating, pain possibly in the jaw, neck, arms, shoulders and/or shoulder blades.
- 2) Treatment - Call 911.**
- 3) Monitor the victims breathing.**



Stroke

- 1) Symptoms-** Slurred speech, numbness or paralysis to one side of the body, loss of vision, severe headache.
- 2) Treatment - Call 911** and record the time of the stroke. The faster you **Call 911** the better chance the person has of regaining lost motor functions.



Shock

- 1) Skin becomes cool, pale, and sweaty. Victim may vomit, feel weak or dizzy.**
- 2) Position victim on their back.**
- 3) If victim vomits roll them their side and clean out the airway.**
- 4) Treatment - Call 911.**
- 5) Monitor the victims breathing.**



Seizures/Convulsions

- 1) Clear away all objects that may cause injury.**
- 2) Cushion the head.**
- 3) Do not attempt to restrain the victim or stick anything in the victim's mouth.**
- 4) Treatment - Call 911.**
- 5) Monitor the victims breathing.**



Diabetes

- 1) Do not give insulin.**
- 2) If the victim is conscious give them some form of sugar. Preferably some type of fruit juice.**
- 3) Call 911.**
- 4) Monitor the victims breathing.**



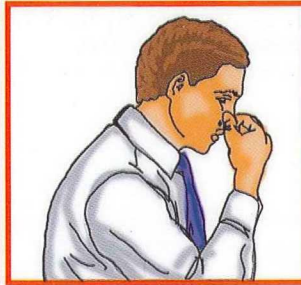
Allergic Reaction

- 1) Symptoms-** Trouble breathing, swelling, rash, loss of consciousness.
- 2) Treatment- Call 911.**
- 3) Monitor the victims breathing.**



Bee Sting

- 1) Remove stinger using a credit card or other stiff object to scrape the area (Do not use tweezers).**
- 2) If allergic reaction is suspected, follow the directions for allergic reaction.**



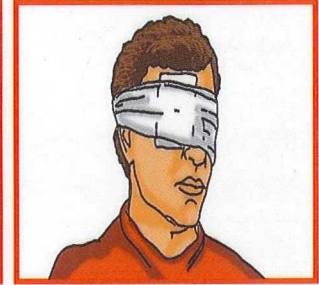
Nose Bleed

- 1) Do not tip the head back.**
- 2) Pinch the bridge of the nose and tilt the head forward to prevent the victim from swallowing the blood.**
- 3) If the blood is spurting or pulsating out of the nose Call 911.**



Head and Neck Injuries

- 1) Attempt to keep the victim from moving.**
- 2) Call 911.**
- 3) Monitor the victims breathing.**



Eye Injuries

- 1) Bandage around any object sticking out.**
- 2) Cover both eyes to prevent the victim from moving them.**
- 3) Call 911.**



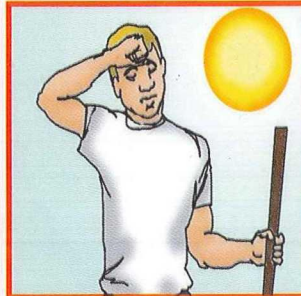
Poisoning

- 1) Call 911**, then call poison control **1-800-222-1222** with as much information about the victim and the poison as possible.
- 2) Do not induce vomiting unless instructed by poison control.**



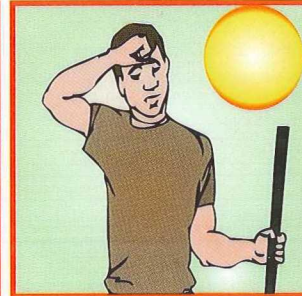
Cold Related Illness

- 1) Get the victim out of the cold environment.**
- 2) Change any wet clothing with dry ones.**
- 3) Apply blankets and seek medical attention**



Heat Exhaustion

- 1) Get the victim away from the heat source.**
- 2) Cool the victim by applying cool wet cloths.**
- 3) Offer water, a sports drink, fruit juice, or milk if the victim is conscious.**



Heat Stroke

- 1) Hot, red, dry skin.**
- 2) Call 911.**
- 3) Get the victim away from the heat source.**
- 4) Cool the victim by applying cool wet cloths.**
- 5) Do not give the victim any food or drink.**



Dental Emergencies

- 1) Put the tooth in milk, or a sports drink and get the victim to the dentist.**