

Oh no, what do I do now! Home First Aid & Medical Emergencies Updated 01/2024

Basics-Who is the "best" responder? YOU!



Assessing the Scene

- Stop Think Act
 Assess Surroundings
 First Aid Kit & AED
 - Exposure Protection





Calling for Help

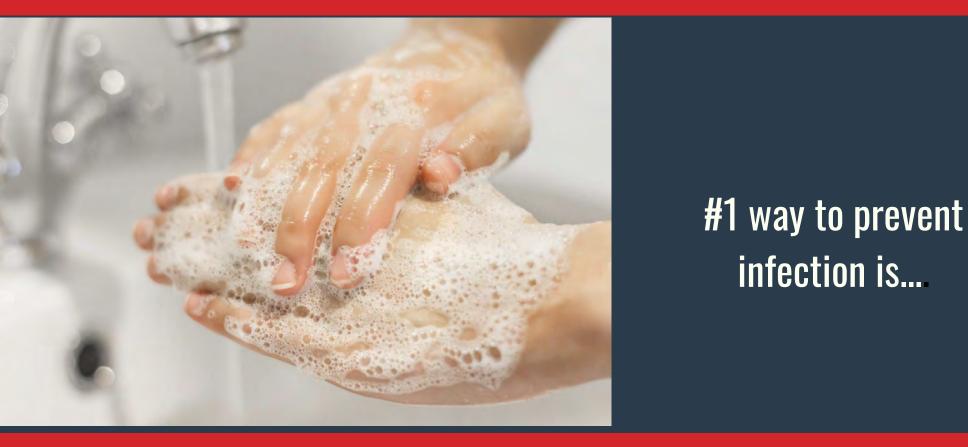
If you think you need to call 911 you probably do!

Questions the dispatcher might ask: What's your emergency? Fire, ambulance, or police? Is the person awake? Is the person breathing normally? Did you see what happened? Where are you?





Universal Precautions





Home Medical Emergencies

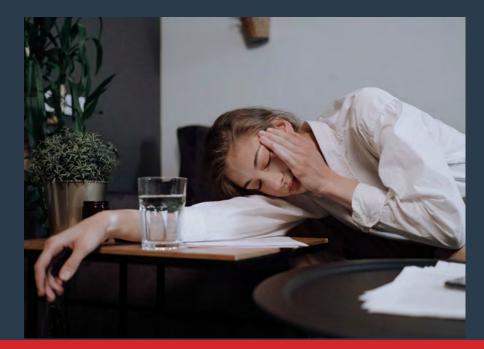


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Diabetes – Low Blood Sugar

Symptoms of Low Blood Sugar

Irritability Confusion Dizziness Sweating, chills, clamminess Fast heart rate Shaky Blurred vision





Diabetes – Low Blood Sugar - Treatment

Treatment-If in doubt, CALL 911

Step 1:

• Give the person something sugary to eat.

Step 2:

• Wait 15 minutes. If you are able, check their blood sugar to see if it is above 70.

Step 3:

• If the person continues to have symptoms, or if your blood sugar is less than 70, repeat step 1.

Step 4:

 When the symptoms are gone, eat a meal or snack with protein to keep your symptoms from returning.





food or drink, such as:

Step 1: Treat low blood sugar. Choose one sugary

Seizures

Seizure Symptoms

Sudden collapse Spastic jerking motions Staring





Seizures can be classified as:

- Tonic/Clonic seizures (big)
- Petite Mal seizures (small)
- Febrile seizures (in kids with rapidly high fevers)



Head Injury Medications/drugs **Neurological problems** Rapid spike in fever in children

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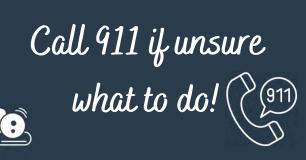
Causes



Seizures Treatment – Do's and Don'ts

Treatment-Do's

- Do clear the area around the victim
- Do time the length of the seizure
- Do put something soft under their head
- Do turn them on their side once the seizure passes



Treatment-Don'ts

- Do not put anything in their mouth, drinks, pills, sticks, or food unless they are fully awake.
- Do not hold the victim down or restrain them
- Do not try to move the victim until the seizure passes



Fainting and Dizziness

Causes

PainLow blood sugarFearStrokeDehydrationCardiac Arrest

Anxiety Standing too long Head Injury

Treatment

- Help to the floor to prevent further injury
- Keep victim calm and reassure
- Cushion under the head
- Elevate feet
- Call 911 if not better





Stroke – Clot within the brain

Stroke-Symptoms

Facial Drooping Arm weakness Speech difficulties

Treatment

Call 911 immediately! Note the time of first symptoms Need to get to a hospital as quickly as possible



Heart Attack – Clot within the heart

Heart Attack-Symptoms

Chest Pain Shortness of breath Left arm / Jaw pain Nausea

Treatment

Call 911 immediately! Note the time of first symptoms Need to get to a hospital as quickly as possible



Asthma

Asthma Symptoms

Difficulty breathing Wheezing Panic

Treatment

Keep calm Help administer inhaler-Using a spacer helps with delivery Call 911 if no relief





Worst Case Scenario

Down and not responding

No normal breathing

Call 911, state Cardiac Arrest

Start Compressions, hard and fast

Use an AED if you have one







Physical Emergencies



Strains & Sprains

Symptoms

Pain Swelling Inability to bear weight

Treatment-R.I.C.E.

Rest Ice Compression Elevation





Strains & Sprains – Do's and Don'ts

Do's

- Remove any jewelry from the affected area
- Take the time to recover

Don'ts

- Never place ice directly on your skin-this can cause burns!
- Always place a towel between your skin and the ice pack





Broken Bones – Same as "Fractured Bone"

Symptoms

Pain Disfigurement Bruising Swelling Inability to bear weight

Treatment

Splint or immobilize Get to a hospital Do not try to reset or straighten





Bleeding Control

Minor Bleeding

- Put on gloves
- Apply clean gauze or cloth
- Apply pressure until bleeding stops
- DO NOT REMOVE DRESSING
- Wrap with rolled gauze to secure dressing
- Seek healthcare provider for continued care



Nose Bleed

Apply pressure at the bridge of the nose Lean forward-NOT BACKWARDS! Should stop within a few minutes





Head Injuries

Concussion Symptoms

Loss of consciousness Dizziness Headache Light sensitivity Nausea or Vomiting Seizures

Treatment

Must to be evaluated by a doctor Resting the brain is a MUST!





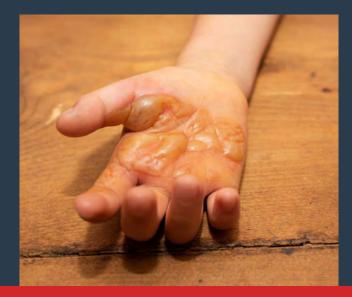
Burns

1st and 2nd Degree Burn Symptoms

Painful Red Blisters may form

Treatment

Run under cool tap water for 5-10 minutes Do not use ice Cover with breathable dry gauze Do not pop blisters-Leave intact





Bites

Treatment

Types of Bites

Remove stinger Dislodge ticks safely Wash with water Seek medical help if signs of infection or allergic reaction

Rabies Snakes Sharks/eels Turtles/seals Bee Stings Centipede Scorpion Tick Mosquito





Heat Related Emergencies

Dehydration

Takes a few days to get hydrated Thirst = Dehydration

Heat Exhaustion

Dizziness, headache, nausea Must cool off immediately Stop activity, shade, water, AC

Heat Stroke

May be unresponsive or confused Medical emergency Call 911 and attempt to cool down Start CPR if needed



Know what to do at home, your family depends on it ...





