

Emergency First Aid Guide

STATE OF EMERGENCY

Tape this where injuries happen — inside a kitchen cupboard door, on a garage wall. Not in a drawer. state-of-emergency.com

CALL FIRST. PUT THE PHONE ON SPEAKER.

911

Emergency

1-800-222-1222

Poison Control

THIS ADDRESS, IN FULL: _____

Include the apartment or unit number. The person calling may be a visitor, a babysitter or a neighbour.

SEVERE BLEEDING

Press firmly and directly on the wound. Keep pressing.

Do not lift to check. If blood soaks through, add on top.

NOT BREATHING NORMALLY

Call 911, then push hard and fast in the centre of the chest.

Send someone for an AED. It will not shock a heart that doesn't need it.

CHOKING

If they can cough, let them cough.

If they cannot speak, cough or breathe — act, and call 911.

BURNS

Cool running water for twenty minutes.

Then cover loosely. Nothing greasy, no ice.

SUSPECTED POISONING

Do not make them vomit.

Call Poison Control on 1-800-222-1222 and do what they say.

SEIZURE

Cushion the head, move hard objects away, do not restrain.

Put nothing in their mouth. Time it.