

# WHAT YOU SHOULD KNOW ABOUT... MEDICAL EMERGENCIES



## EMERGENCY CARE

### 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

### Burns-

- 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
- Raised 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 & Texas Poison Control, 1-800-POISON-1 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

### 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



A Message from the  
Houston Fire Department

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