

AACOG 9-1-1

A **Kid's** Guide To

What To Do In An

EMERGENCY



POCKET PAL

**IMMEDIATE ACTIONS
IN AN EMERGENCY**

An emergency is a situation in which you or another person becomes injured or very sick and needs help quickly. Here are the first steps to take in an emergency:

1. Stay calm.
2. Check the scene. Is it safe to approach the person who is hurt or sick?
3. Check the injured or sick person and try to keep him or her calm. What kind of aid does the person need?
4. Get help. Call 911. If someone else is with you, ask him or her to make the call. If nobody else is around, you may have to leave the injured or sick person to make the call yourself.
5. Give first aid until professional help arrives, or help an adult provide first aid.

**EMERGENCY
NUMBERS**

**AMBULANCE
FIRE DEPARTMENT
POLICE DEPARTMENT**

911

Poison Control Center: 1-800-222-1222 in U.S.

Doctor: _____

Dentist: _____

Hospital: _____

Home: _____

Mom's work: _____

Dad's work: _____

Other: _____

ACTIONS TO TAKE UNTIL HELP ARRIVES

BURNS

1. Stop the burning.
2. Run cool water over the burnt area until it feels better. Never put butter or grease on a burn.
3. Cover the burn with a clean, dry bandage.
4. If the burn covers a large area or starts to blister, call the doctor or 911.

CUTS AND SCRAPES

Minor cuts and scrapes:

1. Wash the cut or scrape with soap and water.
2. Cover with a bandage. Keep the area clean and dry.

More serious injury with heavy bleeding:

1. Cover the cut with a clean cloth.
2. Press down on the cut and keep the pressure steady until the bleeding stops.
3. If the bleeding doesn't stop, call 911.
4. Be sure to wash your hands immediately after completing the care.

INSECT STING

1. If the insect is a bee, ask the person who was stung if he or she has an allergy to bees. If so, call 911 immediately.
2. Scrape the stinger out—don't squeeze it out.
3. Wash the area with soap and water.
4. Apply an ice pack or a cold cloth.

NOSEBLEED

1. Have the person sit down and lean forward to keep the blood from going down his/her throat.
2. If there is a clean cloth, handkerchief, or tissue available, place it over the person's nose.
3. Have the person pinch his or her nostrils together at the lower part of the nose for 10 minutes, keeping the pressure steady.
4. If ice is available, apply it to the bridge of the nose.
5. If the bleeding doesn't stop, call 911.

POISONING

If someone swallows poison:

1. Call the poison control center (1-800-222-1222 in U.S.) at once.
2. Tell the center as much as you can (what was swallowed, how much, when, etc.).
3. Follow the poison control center's instructions.
4. Never give the person anything to eat or drink unless told to do so by the poison control center or a medical professional.

SPRAIN, STRAIN, OR BROKEN ARM OR LEG

1. Don't move the injured area or allow the injured person to move it.
2. Apply an ice pack or cold cloth.
3. Don't give the injured person anything to eat or drink.
4. Call your doctor or 911.

CHOKING RESCUE FOR A CHILD (OVER 1 YEAR OLD) OR ADULT*

When someone is choking, encourage him or her to continue coughing until the object comes out. If the person can't cough, speak, or breathe, tell someone to call 911. Then, perform the Heimlich maneuver.



1. Stand behind the person and wrap your arms around his or her waist with one hand made into a fist. The thumb of your fist should rest against the victim's abdomen, just above the navel and below the breastbone.
2. Grasp your fist with your other hand and press with a quick, strong upward movement. This is called a thrust.
3. Repeat thrusts until the object comes out or the person becomes unconscious.
4. If the person becomes unconscious, call 911 right away.

*Based on American Heart Association recommendations