

An Emergency is **life threatening** and requires **immediate** care. Call 911! Be sure to take along insurance cards, medication & health history information medications.

Examples of an Emergency

- Not breathing, or having great difficulty breathing
- Choking – unable to dislodge item
- Heart attack or stroke
- Broken bones
- Severe bleeding or burns
- Shock

Situations for Routine/Self Care at Home

- Minor cuts and sprains
- Most fevers (<102° F)
- Headache
- Sore throat
- Upper respiratory infection
- Common back & neck pain

Your Home “Emergency Kit”

- Bandages
- Sterile pads & tape
- List of emergency numbers
- Tweezers
- Thermometer
- Moleskin
- Moist towelettes
- Flashlight & batteries
- Scissors
- Nasal syringe
- Elastic wrap

Over-The-Counter Aids

- Pain & fever medications
- Antacids
- Antibacterial ointments
- Antihistamines
- Decongestants
- Sun block
- Anti-itch products
- Syrup of ipecac – (Vomiting medicine)

Be Prepared for Emergencies

- Learn CPR and first aid
- Keep first-aid book or card handy
- Have emergency numbers posted
- Know where closest emergency facilities are located
- Understand your insurance policy
- Have medical history available
- Carry your ID and insurance card

